



**BOW
FOODBANK**

OPENING HOURS

**To support as many people as possible,
we are open more often.**



Click & Collect

Tower Hamlets residents only

**Tuesday collection
12:30 pm to 4 pm**

(Order by 1 pm Sunday)

**Friday collection
8 am to 12 pm**

(Order by 9 pm Wednesday)

Come and see us



**Tuesday 10 am to 12 pm
Thursday 10 am to 1 pm**

Tower Hamlets residents only

Wednesday 2 pm - 7 pm

*Open session
Non Tower Hamlets
residents welcome*

**Get more choice
with click & collect**



Bow Community Hall
12 William Place
E3 5ED



bowfoodbank.org