



# TWO WAYS TO GET FOOD FROM BOW FOODBANK

We are open to all residents  
of Tower Hamlets.

## In Person

**Tuesday**

**10 am - 12 pm**

**Wednesday**

**2 pm - 7 pm**

**Thursday**

**10 am - 1 pm**



## Click & Collect

*Tower Hamlets residents only*  
*YOUR FIRST VISIT MUST BE IN PERSON*

**Tuesday collection**

**12:30 pm - 4 pm**

(Order by 1pm Sunday)

**Friday collection**

**8 am - 12 pm**

(Order by 9pm Wednesday)

**Get more choice  
with click & collect**



**Bow Community Hall**

1 William Place  
E3 5ED

**Off Roman Road Market. In the same  
building as St. Stephens Health Centre -  
first door to the right.**



[bowfoodbank.org](http://bowfoodbank.org)