

## Help with Food

There are lots of organisations helping to reduce the amount of food that goes to landfill every day. This means they can also help to reduce your food bill as you can pick up some great bargains.

The One Money team can also make referrals to local foodbanks who can provide free shopping if you are struggling to make ends meet. Talk to the team on 0330 355 1000.

**This information is correct as of 5<sup>th</sup> October 2020 but may change as the Covid-19 situation changes.**

The **Community Grocers'** venues run by Healthy Me, Healthy Communities are open again, however they are running the Grocers differently to keep everyone as safe as possible.

Instead of choosing goods from the shelves, customers can collect pre-packed bags of tinned and fresh goods for £2 for a single person and £4 for a family.

- **Coverdale & Newbank Community Grocer**. 217 Stockport Road, Ardwick - **Thursday 11am-3pm**
- **Aquarius Centre**, 21 Eden Close, Hulme - **Wednesday 10am-4pm**
- **The Place at Platt Lane**, Fallowfield - **Friday 9.30am-12pm**
- **Gorton Community Centre**, 543 Abbey Hey Lane, Gorton - **Friday 9.30am-12pm**
- **The Anson Community House**, 38 Meldon Road, Longsight – **Tuesday and Thursday 9.30am-12pm**

You can register as a new customer on the day, but there may be a waiting list.

## The Bread and Butter Thing

The food comes from supermarkets, factories and farms who donate it to the project rather than wasting it or sending it to landfill. It is then used to make up food bags for the members.

The bags can then be collected from your local TBBT collection point which will be assigned to you when you sign up with your postcode.

A typical family order is three shopping bags, one of **fridge goods**, one of **cupboard goods** and one full of **fruit and veg which** costs £7.50. The goods will vary each week depending on what is available on the day.

To register, send a text to **07860 063 256** with your full **name** and your **postcode**. **You must do this the week before you attend for the first time.**

TBBT will send you a text every week asking if you want to collect shopping from your local venue and you must reply 'YES' to this text. You can also state whether you want a single (£3.50), family (£7.50) or large family (£15) package.