

COVID-19 MUTUAL AID UK

Local organising to support the most vulnerable in our communities

Newton Abbot Covid-19 Mutual Aid

We have found that elderly and vulnerable members of the public are finding it hard to get essential food items, so we are making up food parcels of essentials.



- Food Parcels**
- **Single pack £20**
 - **Double pack £40** (double quantity of produce)

If you are in financial difficulties, we will help.

A typical **Single Pack** will contain the following:-

Milk 2lts, teabags 40, Eggs ½ dozen, Butter 250gms, Bread 1 loaf, Cheese 250gm
Veg – potatoes 500gm / broccoli 250gm / 2 onion 250gm / cabbage / carrots 250gm
Fruit – 3 bananas / 2 apples / 2 oranges
Meat – 2 chicken breasts / mince 250gm / bacon 250gm (8 slices approx.)
4 toilet rolls

[Contents may vary subject to availability & no delivery charge]

- **Orders must be placed by 6pm on a Monday,**
- **To place an order ring 07954 054459 or 01626 682369**
- **Deliveries will be each Wednesday from approx. 2.00pm**
- **Payment on Delivery to be left on the doorstep: -**

Cash: (the right amount please if possible)

Cheque: made payable to **SW/008500 Plymouth Community Branch.**

Or **Bacs:** Unity Trust Bank

Acct: Sw /008500 Plymouth Community Branch

Acct No: 20396480 Sort code: 608301

Ref: Surname & House Number e.g. [Smith 19]



A RC Newton Boot Supported project

“Local organising to support the most vulnerable in our communities”