



**We share our food  
donated by the  
community to those  
who need it most.**

Please contact us if you  
or someone you know  
can use a little help.

**Where food is given out  
(and where food is dropped off):**

**Adur West Family Hub Lancing  
(formerly Lancing Children  
& Family Centre)**

42 North Road  
Lancing BN15 9AB  
Thursday 10:00 – 12:00

**Harriet Johnson Centre**

Old School House  
Loose Lane  
Sompting BN15 0BG  
Tuesday 10:00 – 11:30

**Get help:**

Phone 07719 196735, email [enquiries@lscfb.org](mailto:enquiries@lscfb.org) or find us  
on Facebook @ Lancing and Sompting Food Bank  
[www.lancingandsomptingchurchesfoodbank.org](http://www.lancingandsomptingchurchesfoodbank.org)





## Can you help us?

### We need:

#### Tin:

Vegetables  
Baked Beans  
Meat  
Fish  
Rice Pudding  
Fruit  
Soup

#### Sauces:

Ragu  
Pasta sauces

#### Dairy:

UHT Milk

#### Dry:

Sugar (500g)  
Tea Bags (80s)  
Instant Coffee  
Cereal  
Mashed Potato  
Pasta (500g)  
Rice (500g)  
Toilet rolls  
Toiletries

### Volunteer:

If you would like to volunteer we need:

Drivers, Stock handlers, Distributors and Fund raisers.

Please fill in the contact form on our website and our team will be in touch.

### Gifts of money:

Money is very helpful. Donations don't always cover everything we aim to give. With money we can make sure all our stocks are high.

Please fill in the contact form on our website and our team will be in touch.

### Drop Off Points:

#### Any Time:

Adur West Family Hub Lancing  
(formerly Lancing Family Centre)  
Lancing Parish Hall  
Lancing Lions Shop  
Lancing Co-op  
Middletons Estate Agents  
One Stop, Cokeham Road,  
Sompting

#### Other:

Harriet Johnson Centre  
(Tuesdays 10:00 - 11:30)