

What can I give to a food hub?

A typical food parcel includes:

- Cereal
- Soup
- Pasta
- Rice
- Tinned tomatoes/ pasta sauce
- **Lentils, beans and pulses (tinned or dried)**
- **Tinned meat/fish**
- Tinned vegetables
- Tea/coffee
- Tinned fruit
- Biscuits
- UHT milk
- Fruit juice

Non Food items

- Toiletries – deodorant, toilet paper, shower gel, shaving gel, shampoo, soap, toothbrushes, tooth paste, hand wipes
- Household items – laundry liquid detergent, laundry powder, washing up liquid
- Feminine products – sanitary towels and tampons
- Baby supplies – nappies, baby wipes and baby food
- Face masks and hand sanitiser
- CAN OPENERS



Do you need help getting food or meals?

Would you like to support those who do?

Birmingham Food Distribution Information sheet

TRUSSELL TRUST FOODBANKS -Provide food parcels for people with no income via referral system. A voucher will get food for three days, and can be obtained from a GP, Job Centre, CAB and a number of local charities



[Birmingham Central Foodbank](#)

Open Tuesday 9:30-11:30am
Friday 10am-1:30am

Birmingham City Church, Parade, Birmingham B1 3QQ
(parking off Helena Street B1 2RQ) - Inside Clean Air Zone

Contact Leon Mills 0121 236 2997

Many Food Hubs are run independently by faith groups eg:



[Ladywood Foodbank](#)

(not Trussell Trust)

Food and Clothes bank open Mon-Thurs and Sunday 10-2 by appointment only.

Phone to book. - 07767152291

Ladywood Seventh Day Adventist Church,
13 Guild Close, St Vincent St West, Ladywood B16 8RP



[Gas Street St Luke's](#)

Foodbank Community Shop open Thurs 10.30am-12.30pm (Pay £3 for choice of groceries including fresh/chilled). Food parcel collections Wednesday 12noon -2pm by appointment only

St Lukes Church, Great Colmore Street, Birmingham, B15 2AT [0121 643 2795](tel:01216432795)

[The Haven Centre](#), 54 Rilstone Road, Quinton, B32 2NR
- Friday: 12pm -1.30pm Providing Community meals on a daily basis.

rachel@havencommunityproject.com

[Birmingham Central Mosque](#) runs a community Foodbank Service once a week for those who are most in need, regardless of background. Registration Card system used

Summer Times: Tuesday 2-3pm

Winter Times: Tuesday 1.30-2.30pm

enquiries@centralmosque.org.uk

180 Belgrave Middleway, Birmingham B12 0XS

+44 121 440 5355

Food Clubs and Local Pantries

provide more of a shopping experience for a small regular membership fee.



Birmingham Food Clubs

Provide food from Fareshare (rescued from restaurants and supermarkets) to local people.

Sign up for membership £1 per year, then pay £3.50 for food. (bring your own bags).

Food Club venues include [Ladywood Children's Centre](#), Plough and Harrow Road.

Phone to book collection 07738120020

Collections on Thursdays 12.30-2.30pm.

Mellissa.gaskin@barnardos.org.uk



Thrive Together Birmingham Local Pantries

Local pantries are co-operatives. Anyone can become a member and pay a small weekly fee (£4 per week at Smethwick). This enables people to buy (without further payment) what they need from the shop. Unlike most food banks people can choose what they get. Pantries stock frozen, chilled and fresh

foods. Food comes from Fareshare and local donations.

Pantries close by include [Smethwick Church Action Network](#), Collections Wednesday: 12-2pm from Raglan Road Christian Centre, 70 Raglan Rd, Smethwick B66 3ND (until Smethwick Library re-opens.) (Currently a waiting list for membership at Smethwick but accepting donations.)

And [The Haven Centre](#), 54 Rilstone Road, Quinton, B32 2NR - Friday: 12pm - 1.30pm

rachel@havencommunityproject.com

Scan QR Code for map of Local Pantries and Food Clubs.



To find out how to donate or volunteer at your local pantry visit

<https://www.yourlocalpantry.co.uk/help-a-pantry/>

Other projects rescue food that would be thrown away by supermarkets and restaurants, and sell on a Pay as you Feel basis



[The Real Junk Food Project Central](#)

Projects include a pay as you feel café at St Germain's Church Hall, City Rd, Monday and Friday 12-2pm,

Lodge Road Community Church Thursdays 10am-2pm
And a food distribution "shop" at City Road Hospital Garden Mon, Tues Weds and Fri 10am - 2pm

Contact Simon 0121 728 8484



[Incredible Surplus](#)

Incredible Surplus use rescued food to provide food parcels at a number of hubs including:-

Weds and Fri 12:00 pm – 2:00 pm
Ladywood Health and Community Centre,
St Vincent St West B16 8RP and

Thurs (10am-1pm) and Sat (10am – 12noon)
Sharehouse, 58, Western Business Park, Great Western
Close B18 4QF

The Food Justice Network have produced this map of all the food distribution hubs they know of in the City.



For more details contact
Nettes Derbyshire 07758843862
or email
newchurchbirmingham@gmail.com

www.inclusivegathering.org.uk