

**Covid-19**

**FOOD SERVICES IN  
TOWER HAMLETS**

**March 2021 update**



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# FOOD SUPPORT

## FOOD BANKS

### Drop-in/Open access:

**Bethnal Green Food Bank**, St Matthew's Bethnal Green, St Matthew's Row, London E2 6DT. Wednesdays 2-7pm  
Contact [bethnalgreenfoodbank@gmail.com](mailto:bethnalgreenfoodbank@gmail.com) 0207 739 7586

**Bow Food Bank at the Bromley-by-Bow Centre**, St Leonard's Street, London E3 3BT. Entrance through the park on Bruce Road or St.Leonards Street.  
Mondays 8.30-12.30. Contact [info@bowfoodbank.org](mailto:info@bowfoodbank.org) 07934 734603 (call or text) @bowfoodbank

**Neighbours in Poplar**, St Matthias Community Centre, 113 Poplar High St, Poplar, London E14 0AE. Open every day 10am-1pm. Walk-in service, though helpful if people call with requests for support.  
Contact 020 7987 0257 @Nip\_Poplar

**Osmani Centre**, 58 Underwood Road, London, E1 5AW. Open Wednesdays 12-3pm.  
Contact 020 7247 8080 [eet@osmanitrust.org](mailto:eet@osmanitrust.org)

**Salvation Army**, Kerbey Street, E14 6AJ. Thursday 10.30-12.30.  
Contact David 020 7987 9405

**St Dunstan's Food Bank**, Stepney High St, London E1 0NR is supporting 40 families and individuals. Open for donations and to collect food Tuesday to Friday 10am-4pm and Saturday 10am-3pm.  
Contact 020 7702 8685 @DunstanST

**St Luke's Food Bank**, Alpha Grove, London E14 8LH. Tuesdays and Thursdays 10am-12pm.  
Contact 07810 748534 [fuzz@stlukesmillwall.org](mailto:fuzz@stlukesmillwall.org)

## Area-specific/registration required:

**Christ Church**, 151 Manchester Rd, Island Gardens, Isle of Dogs, London E14 3DR  
Distributing food to vulnerable individuals in the Isle of Dogs via local volunteers.  
Contact Fr Tom Pyke 02034884594

**Dorset Community Association**, Diss Street, London E2 7QX (for residents of Dorset Estate and Columbia Road area). Thursday 2-4pm.  
Contact Nazrul 07984 966565

**Ensign Youth Club**, Wellclose Square(off the Highway), London E1 8HY. Collection Monday, Wednesday and Friday 10am-1pm. For residents of St Katharine area.  
Contact Shafee 07949 573 730/ 020 7702 3340.

**Good Shepherd Mission**, 17 Three Colts Lane, Bethnal Green, E2 6JL. For individuals and families near Weavers Field in Bethnal Green/Whitechapel.  
Mondays 12-2pm. Contact Darren Prince [darren.prince@goodshepherdmission.org.uk](mailto:darren.prince@goodshepherdmission.org.uk) OR Emily Bennett [emily.bennett@goodshepherdmission.org.uk](mailto:emily.bennett@goodshepherdmission.org.uk)

**Jesuit Refugee Service**. Supports destitute Asylum Seekers who have had their initial claim for asylum refused and are not entitled to any statutory support  
Contact Rhiannon 020 7488 7310, [uk@jrs.net](mailto:uk@jrs.net)

**Limehouse Project Food Hub**, Burdett Road Unit 419 (Arch), London E3 4AA  
Saturdays - Pick from 11am - 2pm and deliveries from 11am - 5pm.  
Contact Momina Begum [m.begum@limehouseproject.org.uk](mailto:m.begum@limehouseproject.org.uk), 07946 391 570.

**Royal Foundation St Katherine's**, 2 Butcher Row, Limehouse, London E14 8DS.  
Supporting a limited number of families. Contact [foodbank@limehouseaid.org](mailto:foodbank@limehouseaid.org) for more information.

## HOT MEALS (walk-in /delivery)

**Whitechapel Mission**, 212 Whitechapel Road, London E1 1BJ - serves breakfast  
Monday-Sunday 6-11am.

**St John on Bethnal Green**, 200 Cambridge Heath Rd, Bethnal Green, London E2 9PA  
'Tuesday Night Bites' hot meal provided every Tuesday 6-7pm.

**Methodist Church Tower Hamlets**, 1 Merchant Street, London E3 4LY. FoodCycle runs a takeaway meal service every Friday 7-8pm

## COMMUNITY FOOD PANTRIES

Community food pantries are membership schemes offering weekly discounted food, as well as advice and support. Eligibility differs from service to service - contact individual services for more information.

**The Food Store**, Limborough House, Burdett Estate, Thomas Rd, London E14 7AW. Provides subsidised food to local residents. Fridays and Saturdays. Referral only. Also doing deliveries for vulnerable residents. Contact Masoom Ahmed [thefoodstoreburdett@outlook.com](mailto:thefoodstoreburdett@outlook.com)

**Manorfield Primary School** running a weekly food pantry offering subsidised food to families. If your child attends Manorfield Primary School and would like to access the Food Pantry, contact the school main reception, or e-mail [admin@manorfield.towerhamlets.sch.uk](mailto:admin@manorfield.towerhamlets.sch.uk)

**Fieldgate Mansions Community Centre**, 15 Romford Street, London E1 1HX. Thursdays 10am-12pm. To become a member, you must live or work within 15 minutes of the clubs. Contact [Laura.McHugh@family-action.org.uk](mailto:Laura.McHugh@family-action.org.uk) for more details.

**Cyprus Street Estate**, Cyprus Street, Tower Hamlets, London, E20NW. Wednesday 2-4pm. To become a member, you must live or work within 15 minutes of the clubs. Contact [Laura.McHugh@family-action.org.uk](mailto:Laura.McHugh@family-action.org.uk) for more details.

**Women's Inclusive Team**, Mayfield House, 202a Cambridge Heath Road, London, E2 9LJ. Tuesdays 12-3pm. All new members must fill in an [eligibility form](#). Also doing weekly food parcels, hot meals for pick-up or delivery. Contact Filsan Essa – [filsane@wit.org.uk](mailto:filsane@wit.org.uk) 07708 379 575

## FOOD COOPS

**St Hilda's Food Coop**, 18 Club Row, London E2 7EY. Offers fresh fruit and vegetables at affordable prices to the local community. Thursdays 11am-3pm. Contact Jenny Jones [jenny@sthildas.org.uk](mailto:jenny@sthildas.org.uk)

## MARKETS

**Markets** are a great source of low-cost produce, including imported culturally-appropriate fruits and vegetables. The following markets have fruit & veg stalls:

- Stroudley Walk, E3
- Whitechapel Road, E1 (plus fish)
- Watney Street, E1
- Crisp Street, E14 (plus fish)
- Bethnal Green, E2

## HEALTHY START VOUCHERS

Many pregnant women and parents are entitled to Healthy Start vouchers every week. These can be spent on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins. People can [check if they are eligible](#).

[Apply online here](#)

## FREE SCHOOL MEALS

Children who are eligible for school meals are entitled to either a meal or vouchers to purchase food while schools are closed for most children due to Covid-19. Contact your school to find out what they are doing.

Your children are eligible for free school meals if their parents [receives certain benefits](#) or are unable to receive benefits and are struggling financially. Contact your school if you think your children need free school meals and they will try to help you.

# COMMUNITY SUPPORT

## COMMUNITY HUBS

Support services, including picking up shopping/ medication; a friendly phone call; weekly activity pack with word searches, crosswords; and cooking and delivering a meal:

**Burdett FC** - delivering medication, food and other essentials or support to high-risk or vulnerable families in the Burdett area. Contact 07930 983651

**Neighbours in Poplar** - contact 020 7987 0257 [nip65@msn.com](mailto:nip65@msn.com)

**St Hilda's East** referral only – contact Tower Hamlets Homes Support Line for more info 020 7364 5015

**Darul Ummah Hub**, 56 Bigland St, Shadwell E1 2ND - mainly for Tower Hamlets Homes residents but trying to accommodate other residents. They are seeking donations - [info here](#)

## MUTUAL AID FACEBOOK GROUPS

### **Covid-19 Mutual Aid Bow (E3):**

<https://www.facebook.com/groups/643367883166920>

### **Royal Docks COVID-19 Mutual Aid:**

<https://www.facebook.com/RoyalVictoriaDocksCovid19>

### **Tower Hamlets Covid19 Community Support:**

<https://www.facebook.com/groups/2740546326063053/>

There is a [searchable list](#) of ward/neighbourhood/estate/street level Facebook/What's App groups.

# HOW TO HELP

## DONATE

**First Love Foundation** needs donations of **non-perishable** food items and toiletries. The warehouse is open for food donations on **Tuesdays and Thursdays, 9am – 12pm and 2pm – 4pm.** [More details.](#) Or [donate funds.](#)

**Bow Food Bank** needs funds to purchase additional food to meet growing demand caused by COVID-19. It is also accepting donations of food on Sundays 12:30 – 3:00 pm and Mondays 9:00 – 12:30 pm. See their [list of popular items](#) and keep checking their [website](#) for updates.

**St Dunstan's Food Bank** accepts food. List of [most needed items](#) on their website. [Donate funds](#) via Paypal.

## VOLUNTEER

[Tower Hamlets Volunteer Centre](#) has a variety of roles to support the local community during the Covid-19 pandemic.

**Women's Inclusive Team** are running a [food delivery and community assistance service](#) and are looking for volunteers.



**Wen (Women's Environmental Network)**

20 Club Row, London, E2 7EY

This info was collated by:

**Jo Wilson**

**[Tower Hamlets Food Partnership,](#)**

*updated on 14 March 2021*

[Email Jo](#) with updates or additions