



WHITSTABLE UMBRELLA

**FOOD FRIENDS**

DELIVERING FOOD AND FRIENDSHIP



**DO  
SOMETHING  
GREAT  
WITH A  
PLATE**

IF YOU CAN COOK AN EXTRA PORTION  
OF FOOD ONCE IN A WHILE BECOME  
A FOOD FRIEND TODAY.

WE CAN PUT YOU IN TOUCH WITH A  
NEIGHBOUR WHO WOULD BENEFIT  
FROM ONE OF YOUR DELICIOUS  
MEALS AND A FRIENDLY CHAT



WHITSTABLE UMBRELLA

# FOOD FRIENDS

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DELIVERING FOOD AND FRIENDSHIP

Food Friends is a meal-sharing initiative recently launched in the Whitstable area with the support of the Whitstable Umbrella Community Centre. The project allows people with busy lives the flexibility to help a neighbour in need as and when they can.

If you love cooking and are willing to deliver an extra portion to a neighbour on an ad-hoc basis get in touch!

If you, or some-one you know, would benefit from having a home cooked meal delivered by a Food Friends volunteer cook free of charge let us know!

Our friendly co-ordinator can answer any questions you have and help match you with a suitable neighbour.

Contact her on 01227 250410 or  
email [foodfriends@umbrellacentre.co.uk](mailto:foodfriends@umbrellacentre.co.uk)