



Are you struggling to put food on your table? We are here to help

Call **0300 330 2107** for free advice on your money worries and a food bank voucher if you need one.

For our opening hours and more information about us, visit:

citizensadviceefd.org.uk

eppingforest.foodbank.org.uk

citizens advice
Epping Forest District

Registered Charity in
England & Wales (118465)

Epping Forest
foodbank

Registered Charity in
England & Wales (1182270)