



Are you struggling to access and prepare nutritious meals during the coronavirus lockdown?

We can help!

If you fall into one of the following vulnerable groups, we have a team of chefs ready to prepare chilled and frozen meals:

- Self-isolating and ill
- Over 70
- Low income and working with a support agency
- Homeless or in temporary accommodation
- Struggling with lack of income because of the current crisis

We can offer vegan, vegetarian, halal food, as well as other meals. There are several pick up points across Coventry North and in some circumstances, we can drop food off to you.

Your Family Hub, local school, local church, Home Care Support, social worker or other supporting agency can refer you by calling:

075 55 60 75 75

What we will need to know:

Name:

Referred by:

Contact telephone number:

Dietary requirements:

vegan

vegetarian

halal

gluten free

other allergies

Who we are: A partnership of local organisations including your local councillors, Church of England, Baptist Church and Family Hub Centre.

All our food is prepared in 5-star food hygiene rated kitchens and by qualified chefs/cooks.

Remember: Coronavirus is infectious – it is important you maintain distance (2 metres), wash your hands regularly and leave things on doorsteps. If you need medical help call **111** or **999** in an emergency. To protect others **DO NOT** go to a GP or a pharmacist.