



*Do Not Suffer in Silence this
Christmas Period*

Samaritans 116 123

Age UK - 0800 678 1602

Alcoholics Anonymous - 0800 917 7650

Cruse Bereavement Care - 0808 808 1677

Men's Adviceline - 0808 801 0327

Narcotics Anonymous - 0300 999 1212

National Debt Helpline - 0808 808 4000

NHS 111

Relate Relationship Support - 0300 003 0396

Shelter - 0808 800 4444

Shout (confidential text service) 85258

Women's Adviceline - 0808 200 0247

Emergency Services / Police 999 / 112





MUNCH



Free Lunches in October Half Term
28th October to 1st November



12-1pm



Please note: We are closed for Thursday teatime.

We provide free hot meals for families.

There are many reasons why people come;
for example to meet up with other families, help with
the budget in the holidays, loneliness or just want a
lovely fresh cooked meal that is **FREE!**

023 9248 9811 munch@pcs.hants.sch.uk www.facebook.com/pcsmunch
Park Community School, Middle Park Way, Havant PO9 4BU



**MUNCH
PANTRY**

CLOSED FROM
23rd December 2024

RE-OPENING
6th January 2025

We wish you a Merry Christmas & Happy New Year!

The poster features a dark blue background with festive illustrations: a gingerbread man, a stack of four wrapped gifts, a cupcake with a cherry, a mug with candy canes, and several snowflakes. The Munch Community School logo is in the top right corner, and colorful bunting is in the top right.

MUNCH PANTRY

A helping hand not a hand out

OPENING TIMES

Monday- 11am-1pm

Tuesday 11am-1pm

Wednesday- 5-7pm

Thursday- 11am-1pm



Dickinson Centre, Park Community School,
Middle Park Way, Havant, PO9 4BU

The Munch Community Pantry provides groceries at a lower cost than supermarkets or shops, offering a range of fresh, frozen and general foods which can change on a weekly basis. In addition, we are working to help reduce food waste by working with local food businesses.

*Anyone can access the Munch Pantry-
sign up as member to shop once a week*

£5 =

an average of

£15 worth of food!

Choose from a selection of
groceries, fresh and frozen food



What is a

community pantry?

A pantry is 'get more for less' it is to help families budgets go further



munch@pcs.hants.sch.uk

02392 489811



Swap, Borrow and Cook



A handy club to help you batch cook meals and gain confidence in cooking with a slow cooker.

Just Launched!

From 24th September **new and existing** Munch Pantry customers will be able to borrow and return a slow cooker for a low-cost weekly rental.

Free Recipe Booklet

*The Dickinson Centre, Park Community School,
Middle Park Way, Havant, PO9 4BU*

Borrow and Return Slow Cooker

- Register and book your borrowing date
- Collect your slow cooker (£1 = 1 week rental)
- Make some amazing dishes
- Clean and return your appliance to Munch Pantry

Slow Cooker
(£1 = 1 Week Rental)

Free Kitchen Utensil Swap Shop

- Bring in any un-wanted, un-broken and non-electrical kitchen utensils
- Swap for something more useful
- Help us prevent plastic waste



Speak to us on your next visit

UKHarvest, registered charity number 1171916, is proud to support this new and exciting project hosted by Munch Pantry and funded by Hampshire County Council.



Supported by
Hampshire
County Council