

FREE FOOD SUPPORT ACROSS EAST DEVON



**DON'T
GO HUNGRY
CONTACT PROJECT
FOOD TODAY!**



Are you struggling to cook for yourself or your family, or to eat well? Do you find it hard to find the motivation to eat healthily when you're feeling down or unwell? We can help.



PROJECT FOOD

An appetite for health



Devon Communities
Together



Free food box delivery

Free fruit & vegetables



Free ready made meals



Easy to make recipe ideas

Free support and advice



Free group & one-to-one cooking

- Do you have children and struggle to make ends meet?
- Do you live alone?
- Do you, or anyone in your family suffer from mental health issues?
- Do you, or anyone in your family have high blood pressure or diabetes?



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An appetite for health



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Together

If you would like to find out what help is available in your area, please go to www.project-food.org.uk/who-we-help, ring 01297 631782 or e-mail info@project-food.org.uk



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Axminster EX13 5DU (Registered Charity 1173120)

