



# Teign Valley Larder

We've created a place where people can donate food, and those in need of food can pick some things up for free. Anyone can use it. We'd like to help reduce food waste, and we especially hope it will help people who are struggling at the moment. If you've just run out and can afford to then please do borrow and swap or replace when you can.

## How it works

1. **"Oh sugar. I'm out of sugar!"**
2. **Check our Facebook page.** (Search for TVLarder). This is optional. But we'll be posting regular photos of what's available.
3. **Visit one of our larder locations.** The main larder is currently at the Christow Church entryway and there are larder boxes at Bridford Church and the Nobody Inn, Doddi. You'll always find the current location at [TeignValley.org/larder](https://TeignValley.org/larder)
4. **Follow Covid best practices.** We'll have hand sanitizer there for use. Please do not touch anything you don't take. Please wait outside if there's already somebody using it.
5. **You can donate** as well. **If you can't afford to, that's perfectly fine.** We want to help everyone.

## Donating

If you or somebody in your household has been ill in the past few weeks, please do NOT donate. We'll still need food in a few weeks.

**Donations points are:** Bridford church porch, Christow church porch, Christow Stores, The Cridford Inn, Trusham, The Nobody Inn, Doddisombesleigh and Dunsford church porch.

**Tinned items, dried and long-life goods only please:** Unfortunately they are unable to accept donations of frozen goods or fresh items other than bread and vegetables.

 **Teign Valley Larder**

Web page: [TeignValley.org/larder](https://TeignValley.org/larder)

## Items we need

Please check items are before expiry date or if out of date place them in the OOD box.

UHT milk  
~~Tea bags~~ not right now!  
Coffee  
Sugar  
Cereals  
Tinned veg, all types  
Baked beans  
Tinned meat (pies, ham)  
Tinned soups  
~~Pasta~~ not right now!  
~~Rice~~ not right now!  
Pasta and curry sauces  
Tinned fish (tuna, salmon)  
Sponge puddings  
Tinned custard and rice  
Biscuits  
Tinned fruit  
Fresh fruit/veg - spare garden produce welcome!  
Cleaning and personal hygiene items

Other items also welcome, but no perishables please

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