



Do you need food but can't afford it and live in the Helston and Lizard area?

Our foodbank is run by the community, for the community. It's all about helping each other and recognizing that nobody in our area should face going **HUNGRY**

If you need more information or have questions about how to use our foodbank please ring: **01326 564 194**

Helston & the Lizard Foodbank

Mustard Seed,
14-16 Wendron Street, Helston,
Cornwall TR13 8PS
(opening hours 10am to 2pm Mon, Wed & Fridays)

Helston and the Lizard foodbank is a project supporting local people run by the charity



Registered Charity number 1127110 and Ltd Company number 6528767