

SISTERS' FOOD BANK

Together our cans **CAN** make a difference

We are a small group of sisters, united in our commitment to help those in need. Through the establishment of the SISTERS' FOOD BANK, we are striving to provide assistance to our sisters during times of financial or emotional crisis. SISTERS' FOOD BANK will strive to reach out to sisters during times of distress, such as separation, divorce, homelessness or poverty, by providing weekly food boxes, home visits, referral information and a smile. We are committed to providing this support to female headed households, such as single mothers, single women, divorcees etc, for an initial period of one month, to assist them during the transition to a more stable situation. Food boxes will be donated and delivered by a team of volunteers. We will provide support on a short term basis, making weekly deliveries for a one month period, after which time we will re-assess the level of need.

We are urgently **in need of volunteers to help donate and deliver Food Boxes.**

FOOD TYPE	QUANTITY
Milk Carton (long life)	2 Litres
Tomatoes (tinned)	2
Baked Beans (tinned)	1
Kidney Beans (tinned)	1
Chickpeas (tinned)	1
Peas (tinned)	1
Sweetcorn (tinned)	1
Tuna (tinned)	1
Fruit (tinned)	1
Pasta or Rice	2 kilograms
Plain or whole meal flour	1.5 kilograms
Cereal (cornflakes/porridge oats)	500 grams
Digestive Biscuits	1 packet

If you would like to volunteer by **purchasing** a food box or **delivering** a food box:

Email to:
foodbank@sistersproject.co.uk.

your *name, phone number* and the *Monday* in a month you choose (see below).

If you prefer to speak to someone, please call 07792846547.

If you are unable to deliver the box at the designated time, please notify us as soon as possible.

We have made a list of the items needed for every Food Box. You should be able to purchase these items for under £10. We would like volunteers to commit to purchasing **one Food Box once in a month** and bring it to the **Qur'an Project** Headquarters, 568D Moseley Rd, B12 9AA (entrance on Brighton Rd), between 12 and 12.30pm on your specified Monday (women only). You can **choose the 1st, 2nd, 3rd, 4th (or 5th) Monday in a month.**

Please make dua' that the project succeeds in helping our sisters in need and **share with your contacts.**
Website: **www.sistersproject.co.uk/foodbank**

"And whatever you spend in good, it is for yourselves, when you spend not except seeking Allah's Countenance. And whatever you spend in good, it will be repaid to you in full, and you shall not be wronged" (Surah Al Baqarah, ayah 272)

"And they give food, in spite of their love for it (or for the love of Him), to the Miskin (the poor), the orphan, and the captive" (Surah Al Insaan, ayah 8)

On the authority of Abu Hurayrah (may Allah be pleased with him) from the Prophet (peace and blessings of Allah be upon him) who said, "Whoever relieves a believer's distress of the distressful aspects of this world, Allah will rescue him from a difficulty of the difficulties of the Hereafter.." (full hadith recorded in Muslim)

Narrated 'Aisha (may Allah be pleased with her), from the Prophet (peace and blessings of Allah be upon him) who said: " .. and the best deed (act of Worship) in the sight of Allah is that which is done regularly." (full hadith recorded in al Bukhari)