

# MUNCH<sup>®</sup>

*We are here for everyone!*

## What is MUNCH?

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!**



If you feel you wish to contribute there is always a charity bucket for donation.

## CONNECT 4 Generations

**FREE** hot drinks and light refreshments

Every Tuesday from  
**10.30am**  
in the MUNCH Pantry



**Come in for a chat, company,  
and a bite to eat**



## Timings



**Thursdays 4-5.30pm**  
Free hot meals for families and adults

**School Holiday Lunch 12-1pm**  
Free hot meals for everyone



*Everyone Welcome!*

## CHRISTMAS DAY LUNCH Park Community School

**TIMINGS APPROXIMATELY:**

Arrival time: 12pm

Lunch served: 1pm

Depart: 2.30pm

*There is no  
cost to anyone  
coming!*

**TO BOOK FOR CHRISTMAS DAY LUNCH**

Please ring 02392489811 or  
email [bookings@pcs.hants.sch.uk](mailto:bookings@pcs.hants.sch.uk)

**023 9248 9811**  
**[munch@pcs.hants.sch.uk](mailto:munch@pcs.hants.sch.uk)**



**Middle Park Way, Havant PO9 4BU**  
**[www.facebook.com/pcsmunch](http://www.facebook.com/pcsmunch)**



# 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 a 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



Hampshire  
County Council

**Havant**  
BOROUGH COUNCIL

**munch@pcs.hants.sch.uk**

**02392 489811**