

Need affordable food?

Meet The Bread and Butter Thing

The Bread and Butter Thing is an affordable food service, with hubs in the North West and North East of England.

- * **Pay just £7.50 for at least £35 worth of food**
- * **Get fruit and veg, chilled goods and cupboard staples for a fraction of their normal price**
- * **Free membership**

Each week, we provide our members with at least £35 of food for just £7.50. The food comes from supermarket surplus, food factories and farms. It's good quality, edible food but is not needed by them, so they give it to us. This means our bags vary from day to day depending on what's available but you will be saving money and getting to try new foods.

Most members feel that they save around £25 a week and just 'top up' from the supermarket when they've seen what's in the TBBT bags each week. Because we don't let you choose what's in your bags, we can afford to provide our service at a really low price, lower than you'll find elsewhere. And you'll always be paying less than the shops.

Best of all, because it's new to you, you can try us for free. Signing up is really simple. Just text us with your name, the hub you want to join and your postcode. Every week, we'll send you a text checking if you want a delivery. All you have to do is reply 'yes' and then come and collect on the day. You don't have to come every week and if you don't want to order, just text 'no'.

It's really easy to sign up. Text **07860 063304** with your full name, postcode, and the name of the hub you will be collecting from

Find out more at

www.breadandbutterthing.org/members

or drop us a line at

hello@breadandbutterthing.org

