



What's for dinner tonight?



You don't need to go hungry if you don't have money for food.

There are many reasons for financial crisis, including redundancy, illness or injury, low income, unexpected expenses, a relationship breaking down, homelessness and more.

Whatever the reason, you can contact Citizens Advice free on **0808 278 7969** to talk about getting a foodbank voucher.

If you live or work in the areas around **Littlehampton, Angmering, Rustington, East Preston** and **Arundel** you can find more information on how to get a voucher, including other agencies you could contact, at <https://littlehamptondistrict.foodbank.org.uk/get-help/how-to-get-help>.

Nobody needs to go to bed hungry tonight.