



A meal on me
With Love x

Could you or someone you know really benefit from a free meal?

Well, have one on me, With Love.

I know how hard it's going to hit some people this winter. The elderly living on state pension, those on disability including myself and families on low income. So I turned my garden into an allotment 🧑🌱 🍷 🍏 My aim is to help as many as I can with a meal on me. It's ongoing so the next lot are waiting to go in. If you know someone, elderly neighbour, a family you know are struggling or someone who is disabled. It may even be for yourself?

It's NO PROBLEM AT ALL 😊

Message me with names and I'll add you to my list for a parcel xx with love ❤️ This Group is in loving memory of my dear Grandad Billy. He was a grenadier guard for the Queen and a Gardener for the Earl of Spencer, Princess Diana's father. I hope your

If you would like to be added to a list to receive a box containing one free meal, then please enter your details below, and we will be in touch as soon as we can, and harvest allows!

Name:	
Contact Number or email	
Address:	

I consent to my details being retained by Carly Carlz Burd to be used only for the purpose of supplying a free box of food.

Signed

Date

Please return to:-

Note to distributor: Please feel free to print these flyers and distribute. Add a return address above and then email completed forms to kiaburd@hotmail.com.

