

**We've got the recipe for fighting HIV and AIDS : the only missing ingredient is you! : please volunteer or donate today / The Food Chain.**

**Contributors**

Food Chain (Organization)

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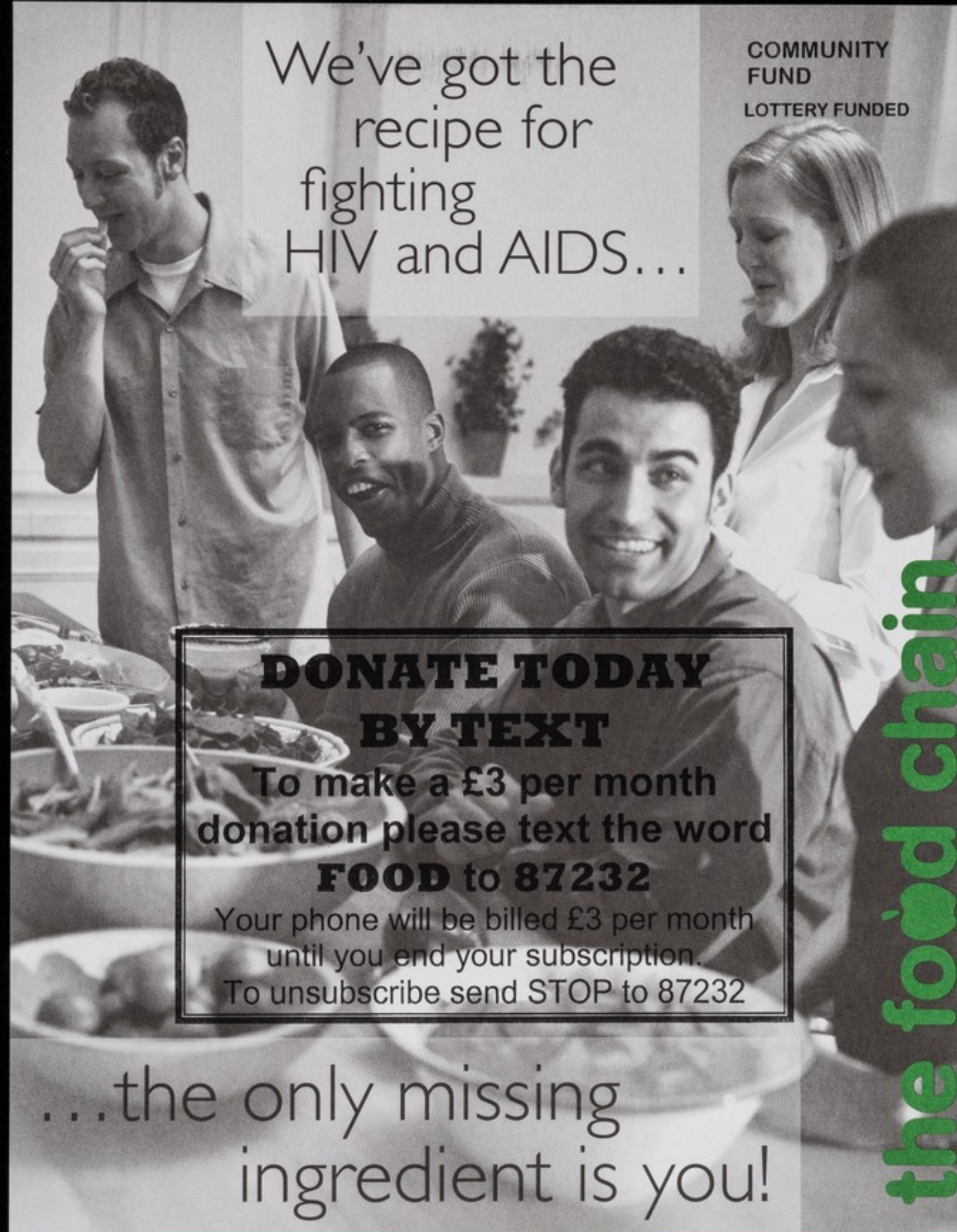
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We've got the  
recipe for  
fighting  
HIV and AIDS...

COMMUNITY  
FUND  
LOTTERY FUNDED

**DONATE TODAY  
BY TEXT**

To make a £3 per month  
donation please text the word  
**FOOD to 87232**

Your phone will be billed £3 per month  
until you end your subscription.

To unsubscribe send STOP to 87232

...the only missing  
ingredient is you!

the food chain

PLEASE **VOLUNTEER** OR **DONATE** TODAY

(020) 7272 7272 [www.foodchain.org.uk](http://www.foodchain.org.uk)

You **can** make a difference to people living with HIV and AIDS...

...The Food Chain has been doing just that since it served its first Sunday meal on Christmas Day 1988.

There is still no cure for HIV, but we can make a huge difference to people's health and quality of living through continuing and expanding our service.

***Every Sunday, from our kitchens across London, volunteers cook and deliver nutritionally balanced, individually tailored meals and groceries to men, women and children from all backgrounds, who, because of their illness, are housebound.***

Nutrition plays a vital role in fighting HIV. The Food Chain's network of expert dietitians and nutritionists are at the forefront in fighting HIV through good eating. Our meal service operates in London but, through our website and international partners, we offer nutrition expertise to anyone living with HIV anywhere in the world.

The Food Chain has the recipe for fighting HIV and AIDS, but we need your support to do so. Whether you would like to discuss volunteering or make a financial donation, please call us on (020) 7272 7272 or visit our website, [www.foodchain.org.uk](http://www.foodchain.org.uk).

The Food Chain (UK) Ltd is a Registered Charity No 1003014

We hope that everyone taking part in this years Pride celebrations has a  
Fantastic time.

Don't forget to come and visit our stall in  
Trafalgar Square.  
(South Africa House side).

But most importantly have a safe,  
happy and sexy Pride London 2004.

Enjoy your **Big Gay Out**  
**the food chain**  
*feeding the fight against HIV and AIDS*

3-7-04