

## **An apple a day... / The Food Chain (UK) Ltd.**

### **Contributors**

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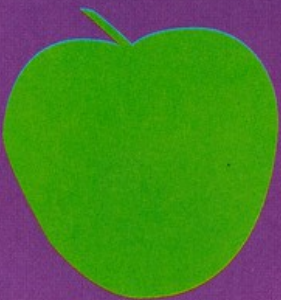
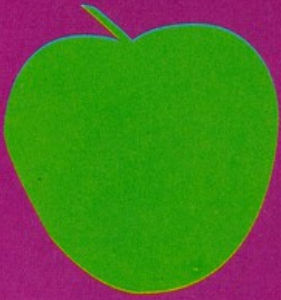
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An apple a day ...

**THE  
FOOD  
CHAIN**

We deliver nutritionally-balanced three course meals across Greater London every Sunday to people who are housebound with HIV and AIDS-related illnesses.

If you can spare the equivalent of half an hour a week to help us and are interested in becoming a volunteer please complete the details below, (please tick boxes which apply):

Kitchen Help  Lead Cook  Driver   
Navigator  Fundraiser

Simply fill in your name and address below and send this card to us

If you are unable to offer your time at present but would like to receive more information about the work of The Food Chain tick this box

Please contact me at:

Name

Address .....

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Telephone number .....

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*Feeding The Fight Against HIV and AIDS*