

# Food 4 Heroes delivering this Christmas

Free Christmas meals prepared by local caterers are available for those struggling to feed themselves or their families over the festive season.

If people in your community need a little extra support this year, please get in touch to find out how they can receive one of the Food4Heroes Christmas meals.



Call us on 07974 919 221 or email  
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[www.food4heroes.org.uk](http://www.food4heroes.org.uk)