



Save over £20 a week on your shopping.

Send us a text to 07860 063 256 to get your first delivery free

Hi, we are a charity based in Manchester called The Bread and Butter Thing (TBBT) and we are trying to help people and families to get by. With support from the team at Zion Centre, we are coming to your area.



We provide weekly groceries at a fraction of the high street prices through our membership scheme. We will try and always give you some fruit and veg and something for your cupboards and fridge and we are slowly building our supply.

We get supplies from the stuff that you hear about in the news going to waste, it comes from supermarkets, factories and farms.



Like a veg box scheme, there's very little choice in what you'll get from us but for different reasons. Our food is given to us because it's not quite right for the supermarkets. There's lots of reasons for this, sometimes there is just too much of something or things don't go to plan, like when it rains in the summer when we are all planning BBQs. The supermarkets try and guess what

customers want (and they are generally really good at this) but when their planning goes wrong, they have food they cannot sell.

There are so many reasons why food doesn't get to the supermarkets at different times of the year. We take what is available and make up food bags for our members. Like veg boxes, we will give you whatever is available at the time and that tends to change daily. The food you get will change from week to week. Some weeks are fantastic and some less so. However, you will always be saving money and getting new foods to try. Most members tell us that they tend to collect food from TBBT and 'top up' from the supermarket once they have seen what we provide.

Because we don't let you choose what is in the parcel, we can afford to provide things really cheaply, we believe cheaper than you will find anywhere else. AND, because it's a bit of a new thing, we let you sign up and try us out for free.

So sign up for your first delivery free. Turn over this leaflet to find out how...



It's really easy to sign up to TBBT...

Step 1 - Send us a text to **07860 063 256** with your full name, your postcode and the name of your hub (Zion Centre) and we will get in touch.



Step 2 - Select the size of order you want to receive. A typical family order would be £7.50, an individual would be £4. An extra large family would be £15.

Step 3 - We'll send you a text every Tuesday to see if you want an order. All you have to do is reply "YES" to the text by 10:00 Wednesday and we'll deliver your order to Zion Centre on Thursdays at 13:30.



Step 4 - Collect your goods from Zion Centre, 339 Stretford Road, Hulme, M15 4ZY.

A typical order is three shopping bags, one of fridge goods, one of cupboard goods and one full of fruit and veg, this costs £7.50. The goods will change depending on what is available on the day. Remember that the bags vary from day to day so some weeks the savings will be greater than others. However, you will always be paying much less than in the shops. Very occasionally, if food donations that day are low, we will not have enough for the 3 bags. In this case, we will lower the price. We want you to feel we are making a difference to your weekly food bills.



Drop us a line and try it out. There is no commitment, if you want an order just reply to the weekly text you receive on the day you get it.



TBBT will be delivering Thursdays and pick up time will be 13:30-14:00.

Your first order will be free of charge, so try us out at no cost to you. We will be starting at Zion Centre 22nd October