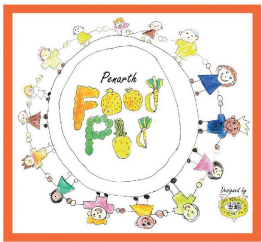




WE'RE LOOKING FOR VOLUNTEERS

TO HELP OUT AT

PENARTH FOOD POD



Can you spare a few hours and join us?

- The Pod, at St Luke's estate, is open three times a week
- We offer affordable food to local residents at a suggested minimum donation of £3
- We are open: Monday 2pm to 4pm
Wednesday 3.30pm to 5.30pm
Friday 2pm to 4pm
- Duties include: stocking shelves, helping customers pack bags, cash handling and watering the community garden
- Training will be provided for volunteers to gain a Level 2 Food Safety Certificate



For further information please contact:

Mark Ellis, Community Investment & Involvement Officer
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