



A Hare Krishna initiative in Wales

**FOOD FOR LIFE
WALES - CYMRU**
FEEDING THOSE IN NEED IN WALES

Registered Charity Number: 259649

Are you or someone you know in need of a meal delivered to your door?

During the COVID-19 pandemic, Food For Life Wales is seeking to provide hot, nutritious, plant-based meals to those in need.

This service is available to:

- Elderly & Vulnerable
- Those self-isolating and unable to access services
- Low-income families or individuals

If you would like to receive our deliveries, please contact us:

- By Email: help@tykrishna.cymru
- By Phone: 07756 299 786
- By Facebook: [@foodforlifewales](https://www.facebook.com/foodforlifewales)

Please note: our drivers will deliver the meals to your door step to avoid physical contact.