

Frugal Empowerment Foundation

**Just tell someone out there
"is going to be ok"
Is a big sence of fulfilment.**



Charity Reg:1185459





**UK REG: 1185459
CAC REG:102160**

Get your FREE food package from FEF's Head Office

**1c Woolwich New Road
Woolwich
London
SE18 6EX**

**+442083160704
+447460433399**

**We understands the challenges
people might be facing during
this Covid-19 Pandemic providing
basic needs for theirs and
loved ones here in UK.
We (FEF) are doing
our best to support daily.**



Frugal Empowerment Foundation

Athens, Greece



Frugal Empowerment Foundation



FROSTED FLAKES
CORNFLAKES
500g

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Send International Mobile Credit
Digicell
airtel BSNL glo MTN

SEND GH
Same day payments
Cash pick-up in any correspondent location
Bank deposit to any bank in Ghana
Ria Money Transfer
800-800-8000

SELEZIONE
BARELLA
In nocciole

Spaghetti
LIDL

LIDL
Big on snacks
LIDL ON PRICE







Frugal Empowerment Foundation
ON 02-25-17-2020

CARLING SATURDAY'S
Charity Initiative

FRUGAL EMPOWERMENT FOUNDATION

AIDA
To reduce the alarming level of poverty, hunger and deprivation that has infested our economic landscape and society at large.

<https://www.frugalempowermentfoundation.org>

**Get your FREE food package
at FEF UK Office**

**1c Woolwich New Road
Woolwich London
SE18 6EX**

from 12:pm-5:30pm

+442083160704











