

## The Bread and Butter Thing – Tow Law

The Bread and Butter Thing (TBBT) Tow Law is an affordable food club that offers nutritious low cost weekly shopping bags. The bags are made up of fruit and veg, fridge and cupboard staples donated from high street supermarkets, food manufacturers and farmers that would otherwise go to waste

No referral is needed and there are no eligibility criteria; everyone is welcome.

To start shopping, you need to sign up as a member, everyone is welcome and there's no fee:

1. Text 07507237311 with your full name, postcode and the the name of the hub you will be collecting from Tow Law. You'll then get weekly texts.
2. Book your food club order in advance
3. Collect and pay for your goods at at Tow Law Community Centre every Wednesday between 2pm to 2:30pm

Last updated: March 17, 2026

---

**Website:** <https://www.breadandbutterthing.org/>

**Email:** [hello@breadandbutterthing.org](mailto:hello@breadandbutterthing.org)

**Twitter:** [www.x.com/teamtbbt](http://www.x.com/teamtbbt)

**Opening Hours:** Every Wednesday 2.00-2.30pm

**Address:**

Tow Law Community Centre  
Ironworks Road  
Tow Law  
DL13 4AW