

# FOOD PARCELS

England & Wales · Charity number 1166371

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2016-04-05

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 233 Wokingham Road  
Earley  
Reading  
RG6 7DU

**Phone** 07897 906307

**Email** [info@foodparcels.org](mailto:info@foodparcels.org)

## Activities

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**Objects:** THE PREVENTION OR RELIEF OF POVERTY OR FINANCIAL HARDSHIP IN THE UNITED KINGDOM BY PROVIDING PEOPLE WITH FOOD WHICH THEY COULD NOT OTHERWISE AFFORD THROUGH LACK OF MEANS.

**Activities:** The Objects are to provide food parcels and other nutritional products, and related support, to the needy. Key aspects of the organisation are that: 1. it is a faith based charity, governed by Islamic principles, with activities being consistent with the Islamic values 2. it is apolitical, and distinct from all political groups in the UK, as well as abroad 3. its goals and actions have a huma

## Classification

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- **How:** Other Charitable Activities
- **What:** The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

## Geography

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- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	-	-	-	-
2023-12-31	£14,237	£16,230	-	-
2022-12-31	£13,342	£8,916	-	-
2021-12-31	£10,275	£12,528	-	-
2020-12-31	£12,204	£10,301	-	-
2019-12-31	£9,701	£10,304	-	-

## Trustees

Name	Role	Appointed
ASIM HUMAYUN		2024-10-26
KHALID KHAN		2016-04-05

**FOOD PARCELS**

England & Wales - Charity number 1166371

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# Accounts

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# Trustees' Annual Report for the period

<b>From</b>	Period start date			<b>To</b>	Period end date		
	1	Jan	2023		31	December	2023

## Section A Reference and administration details

<b>Charity name</b>	Food Parcels
<b>Other names charity is known by</b>	
<b>Registered charity number (if any)</b>	1166371
<b>Charity's principal address</b>	324 Barkham Road
	Wokingham
	<b>Postcode</b> RG41 4DA

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Farooq Ahmed	Chairman		Dr Farooq Ahmed
2	Iftikhar Ali	Treasurer		Iftikhar Ali
3	Zubair Rafiq	Secretary		Zubair Rafiq
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### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Trust
Trustee selection methods (eg. appointed by, elected by)	Elected by members at AGM.

**Additional governance issues (Optional information)**

<p>You <b>may choose</b> to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> <li>• policies and procedures adopted for the induction and training of trustees;</li> <li>• the charity's organisational structure and any wider network with which the charity works;</li> <li>• relationship with any related parties;</li> <li>• trustees' consideration of major risks and the system and procedures to manage them.</li> </ul>	<p><b>Charity structure:</b> The structure consists of trustees which also acts as an operational committee.</p> <ul style="list-style-type: none"> <li>• Trustees - responsible for the overall running of the charity and - for the day to day running of the charity.</li> </ul> <p><b>Policies:</b> The charity takes its responsibility towards helping provide a hot meal to anyone who unable to have access or afford a hot meal. To this regards it has adopted policies and procedures for the induction and training of trustees and volunteers. The following policies and procedures are reviewed annually:</p> <ul style="list-style-type: none"> <li>• Data protection policy</li> <li>• Health and safety policy</li> <li>• Equal opportunity policy</li> <li>• Complaints procedure</li> </ul> <p><b>Risks/Mitigation:</b> The charity takes its responsibility seriously, particularly safeguarding and health and safety. To this regard, all policies are reviewed annually and an officer is responsible for each of the above policies.</p>
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**Section C Objectives and activities**

<p><b>Summary of the objects of the charity set out in its governing document</b></p>	<p>The prevention or relief of poverty or financial hardship in the United Kingdom by providing people with food which they could not otherwise afford through lack of means.</p>
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The charity gives regard to the guidance issued by the Charity Commission on public benefits and these are socialised with all management committee of the charity.

The main **activities** of the charity are:

- 1 Food Parcels runs a weekly food distribution in Central Reading where hot meals are handed to a wide variety of people who are unable to afford a hot meal.
- 2 Food Parcels runs weekly deliveries of essential food items to vulnerable families.
- 3 During Ramadan, the Islamic month where Muslims worldwide fast from dawn to dusk, meals are distributed for 30 consecutive days.
- 4 Raising awareness and funds for the charity
- 5 Engaging with the homeless and seeking to advise and comfort

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

#### **Additional details of objectives and activities (Optional information)**

Contribution made by volunteers

Food Parcels invites member of the community to volunteer their time, networks and finances contribution to help people receive a basic human right.:

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

**Summary of the main achievements of the charity during the year**

The charity is centred around providing a reliable and sustainable supply of food to those in need.

Over 2000 meals have been provided this year as well as weekly groceries to over 150 families.

No week was missed.

We have a pool of 30 volunteers so that no weeks are missed

## Section E Financial review

**Brief statement of the charity's policy on reserves**

The charity does not have a reserves policy.

**Details of any funds materially in deficit**

N/A

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Funds are provided by donors from the local Reading community.

## Section F Other optional information

## Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	Zubair Rafiq	
<b>Full name(s)</b>	Zubair Rafiq	
<b>Position (eg Secretary, Chair, etc)</b>	Secretary	
<b>Date</b>	24/08/24	











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Description

MUKHTAR , FOODPARCELS , VIA ONLINE - PYMT , FP 12/09/23 10 , 52044022423355000N  
MUKHTAR , FOODPARCELS , VIA ONLINE - PYMT , FP 09/03/23 10 , 46091504556227000N  
DILWARPINDIEXPRESS, FOODPARCELS , VIA ONLINE - PYMT , FP 27/08/23 10 , 08103513019978000N  
KHALID KHAN , PINDIEXPRESS , VIA ONLINE - PYMT , FP 19/04/23 10 , 40044845770272000N  
KHALID KHAN , PINDIEXPRESS , VIA ONLINE - PYMT , FP 29/03/23 10 , 23075915331985000N  
KHALID KHAN , PINDIEXPRESS , VIA ONLINE - PYMT , FP 08/04/23 10 , 47110423459234000N  
MUKHTAR , FOODPARCELS , VIA ONLINE - PYMT , FP 26/05/23 10 , 60093923634197000N  
DILWARPINDIEXPRESS, FOODPARCELS , VIA ONLINE - PYMT , FP 14/06/23 10 , 26065733741346000N  
PINDI EXPRESS , FOODPARCELS , VIA ONLINE - PYMT , FP 04/03/23 10 , 40052639062072000N  
DILWARPINDIEXPRESS, FOODPARCELS , VIA ONLINE - PYMT , FP 26/05/23 10 , 43094927347627000N  
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DILWARPINDIEXPRESS, FOODPARCELS , VIA ONLINE - PYMT , FP 08/11/23 10 , 10070848441876000N  
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KHALID KHAN , INSURANCE , VIA ONLINE - PYMT , FP 01/05/23 10 , 07070436796885000N  
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AYCOM LIMITED , RAMADAN FUND , FP 24/01/23 2028 , R4WGNWP3L08LR215DZ  
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UK ONLINE GIVING , PCM55CI12848567 , UK ONLINE GIVING , FOUNDATION , CHAPS TFR  
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SALEEM A & I , ASAF SALEEM  
A HUMAYUN , FP 27/12/23 0045 , 600000001264304579  
KHAN K L , KHALIDMONAKHAN , FP 15/12/23 0154 , RP4673563086648600  
RAFIQ ZA & W , ZUBAIR RAFIQ , FP 01/12/23 0237 , 6658970364320302SO  
SALEEM A & I , ASAF SALEEM  
A HUMAYUN , FP 27/11/23 0042 , 400000001250681535  
KHAN K L , KHALIDMONAKHAN , FP 15/11/23 0134 , RP4673563079719200  
RAFIQ ZA & W , ZUBAIR RAFIQ , FP 01/11/23 0232 , 2212365264321302SO  
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A HUMAYUN , FP 27/10/23 0126 , 500000001227123586  
KHAN K L , KHALIDMONAKHAN , FP 16/10/23 0200 , RP4673563072741500  
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KHAMISANI S V , SADAF KHAMISANI , FP 29/09/23 1414 , RP4679961614202200  
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A HUMAYUN , FP 27/09/23 0106 , 300000001212585163  
KHAN K L , KHALIDMONAKHAN , FP 15/09/23 0151 , RP4673563065686600  
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A HUMAYUN , FP 29/08/23 0053 , 200000001188488152  
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A HUMAYUN , FP 27/07/23 0115 , 300000001177053490  
KHAN K L , KHALIDMONAKHAN , FP 17/07/23 0133 , RP4673563051862200  
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SALEEM A & I , ASAF SALEEM  
A HUMAYUN , FP 27/06/23 0148 , 500000001156210842  
KHAN K L , KHALIDMONAKHAN , FP 15/06/23 0113 , RP4673563044634500  
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A HUMAYUN , FP 30/05/23 0135 , 200000001136106381  
KHAN K L , KHALIDMONAKHAN , FP 15/05/23 0136 , RP4673563037457600  
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A HUMAYUN , FP 27/04/23 0157 , 200000001117255020  
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A HUMAYUN , FP 27/03/23 0120 , 500000001103523838  
KHAN K L , KHALIDMONAKHAN , FP 15/03/23 0127 , RP4673563023420600

RAFIQ ZA & W , ZUBAIR RAFIQ , FP 01/03/23 0240 , 3124599264328202SO  
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A HUMAYUN , FP 27/02/23 0121 , 100000001084337171  
KHAN K L , KHALIDMONAKHAN , FP 15/02/23 0132 , RP4673563016643000  
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A HUMAYUN , FP 27/01/23 0209 , 600000001070337064  
KHAN K L , KHALIDMONAKHAN , FP 16/01/23 0142 , RP4673563009665600  
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AHMAD N , NAVEED AHMAD , FP 15/12/23 0212 , 8267248554324105SO  
AHMAD F , DR FAROOQ AHMAD  
AHMAD N , NAVEED AHMAD , FP 15/11/23 0209 , 5675978354324105SO  
AHMAD F , DR FAROOQ AHMAD  
AHMAD N , NAVEED AHMAD , FP 16/10/23 0213 , 4523735454325105SO  
AHMAD F , DR FAROOQ AHMAD  
AHMAD N , NAVEED AHMAD , FP 15/09/23 0212 , 8257601554324105SO  
AHMAD N , NAVEED AHMAD , FP 15/08/23 0209 , 0946726354324105SO  
AHMAD N , NAVEED AHMAD , FP 17/07/23 0213 , 0013722454326105SO  
AHMAD N , NAVEED AHMAD , FP 15/06/23 0210 , 7778596454324105SO  
KHAMISANI S V , SADAF KHAMISANI , FP 19/05/23 2220 , RP4679961911974300  
AHMAD N , NAVEED AHMAD , FP 15/05/23 0212 , 8000710554324105SO  
AHMAD N , NAVEED AHMAD , FP 17/04/23 0213 , 3470699554326105SO  
AHMAD N , NAVEED AHMAD , FP 15/03/23 0209 , 2250884454324105SO  
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AHMAD N , NAVEED AHMAD , FP 16/01/23 0213 , 6523974454325105SO  
SHAKIR N A PA, NAIM  
QURESHI , MUZAFFAR , FP 01/12/23 0323 , 2910467364320311SO  
SHAKIR N A PA, NAIM  
QURESHI , MUZAFFAR , FP 01/11/23 0310 , 9722568364321311SO  
SHAKIR N A PA, NAIM  
QURESHI , MUZAFFAR , FP 02/10/23 0337 , 1188325464321011SO  
SHAKIR N A PA, NAIM  
QURESHI , MUZAFFAR , FP 01/09/23 0315 , 8615006464321311SO  
SHAKIR N A PA, NAIM  
QURESHI , MUZAFFAR , FP 01/08/23 0310 , 4609826364321311SO  
SHAKIR N A PA, NAIM  
QURESHI , MUZAFFAR , FP 03/07/23 0334 , 7233023364322011SO  
SHAKIR N A PA, NAIM  
QURESHI , MUZAFFAR , FP 01/06/23 0319 , 8822541464321311SO  
SHAKIR N A PA, NAIM  
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QURESHI , MUZAFFAR , FP 01/03/23 0328 , 2864299364328211SO  
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QURESHI , MUZAFFAR , FP 01/02/23 0315 , 8094208264321311SO  
SHAKIR N A PA, NAIM  
QURESHI , MUZAFFAR , FP 03/01/23 0351 , 7776788564322011SO  
S AURAKZAI , AURANGZEB AURAKZAI, FP 27/12/23 0023 , 300000001267863892  
SHARIF MS , DR. SHARIF , FP 01/12/23 0304 , RP4673266407679000  
S AURAKZAI , AURANGZEB AURAKZAI, FP 27/11/23 0033 , 600000001245588232  
SHARIF MS , DR. SHARIF , FP 01/11/23 0245 , RP4673266386209800

S AURAKZAI , AURANGZEB AURAKZAI, FP 27/10/23 0128 , 100000001223718481  
SHARIF MS , DR. SHARIF , FP 02/10/23 0140 , RP4673266364500900  
S AURAKZAI , AURANGZEB AURAKZAI, FP 27/09/23 0114 , 100000001205876708  
AHMAD F , DR FAROOQ AHMAD  
SHARIF MS , DR. SHARIF , FP 01/09/23 0322 , RP4673266342916300  
CHARITABLE GIVING , BENEVITY  
S AURAKZAI , AURANGZEB AURAKZAI, FP 29/08/23 0040 , 300000001195723132  
AHMAD F , DR FAROOQ AHMAD  
SHARIF MS , DR. SHARIF , FP 01/08/23 0309 , RP4673266321008200  
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SHARIF MS , DR. SHARIF , FP 03/07/23 0326 , RP4673266299804700  
S AURAKZAI , AURANGZEB AURAKZAI, FP 27/06/23 0131 , 400000001161014925  
AHMAD F , DR FAROOQ AHMAD  
SHARIF MS , DR. SHARIF , FP 01/06/23 0213 , RP4673266277061200  
S AURAKZAI , AURANGZEB AURAKZAI, FP 30/05/23 0114 , 200000001136063558  
AHMAD F , DR FAROOQ AHMAD  
SHARIF MS , DR. SHARIF , FP 02/05/23 0630 , RP4673266254870700  
S AURAKZAI , AURANGZEB AURAKZAI, FP 27/04/23 0149 , 500000001121217101  
AHMAD F , DR FAROOQ AHMAD  
SHARIF MS , DR. SHARIF , FP 03/04/23 0632 , RP4673266234234900  
S AURAKZAI , AURANGZEB AURAKZAI, FP 27/03/23 0107 , 200000001099522723  
ZAFAR F , KAFFARAH , FP 23/03/23 1055 , 16105537220446000R, ZAFAR F , KAFFARAH , VIA MOBILE - PYMT  
AHMAD F , DR FAROOQ AHMAD  
SHARIF MS , DR. SHARIF , FP 01/03/23 0714 , RP4673266210596800  
S AURAKZAI , AURANGZEB AURAKZAI, FP 27/02/23 0103 , 200000001083581207  
M JAMIL , SHAHZAD JAMIL , FP 12/02/23 1227 , 100000001076791283  
AHMAD F , DR FAROOQ AHMAD  
SHARIF MS , DR. SHARIF , FP 01/02/23 0632 , RP4673266189750800  
S AURAKZAI , AURANGZEB AURAKZAI, FP 27/01/23 0155 , 200000001066635810  
AHMAD F , DR FAROOQ AHMAD  
SHARIF MS , DR. SHARIF , FP 03/01/23 0635 , RP4673266168212400  
CHARITABLE GIVING , BENEVITY  
KHAN A , ASAD , FP 02/02/23 1748 , RP4679966558556400  
QURESHI , MUZAFFAR , FP 28/01/23 1305 , 432835055031821001  
A HUMAYUN , RAMADAN DAY ASIM , FP 27/01/23 0626 , 400000001075489386  
PADHANI A , ASIF P , FP 27/01/23 1452 , 617853042541721001  
SHEIKH MA , FROM MUSTAQ , FP 26/01/23 1433 , 350665843341621001  
ALAM S N & R , N ALAM  
ALI I , B AHMAD , FP 10/12/23 1648 , 716492948461012101  
ALAM S N & R , N ALAM  
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S IQBAL , LILLAH , FP 09/04/23 1802 , 300000001115198160  
ALAM S N & R , N ALAM  
ALAM S N & R , N ALAM  
CAF2301303776CF , 2301303776CF  
ALAM S N & R , N ALAM

ASGHAR N MR , VIA MOBILE - PYMT  
AKBAR & FARHAN , FARHAN AKBAR , VIA MOBILE - PYMT  
AKBAR & FARHAN , FARHAN AKBAR , VIA MOBILE - PYMT  
AKBAR & FARHAN , FARHAN AKBAR , VIA MOBILE - PYMT  
AKBAR & FARHAN , FARHAN AKBAR , VIA MOBILE - PYMT  
AKBAR & FARHAN , FARHAN AKBAR , VIA MOBILE - PYMT  
AKBAR & FARHAN , FARHAN AKBAR , VIA MOBILE - PYMT  
AKBAR & FARHAN , FARHAN AKBAR , VIA MOBILE - PYMT  
ASGHAR N MR , VIA MOBILE - PYMT  
AKBAR & FARHAN , FARHAN AKBAR , VIA ONLINE - PYMT  
AKBAR & FARHAN , FARHAN AKBAR , VIA ONLINE - PYMT  
AKBAR & FARHAN , FARHAN AKBAR , VIA MOBILE - PYMT  
ASGHAR N MR  
AKBAR & FARHAN , FARHAN AKBAR , VIA MOBILE - PYMT  
KHAN S S , SALEEM KHAN , FP 04/02/23 1515 , 711376655151402001  
THAKUR H M H , RAMADAN MAZHAR , FP 28/01/23 0822 , RP4679965665444000  
MANZ&AKI , AKIF , FP 24/01/23 1336 , 381443846331421001  
SHABBIR MIAN , FOOD PARCELS , FP 23/03/23 1645 , FP23082004309737  
UK ONLINE GIVING , PCM55CI13965507 , UK ONLINE GIVING , FOUNDATION , CHAPS TFR  
ABID M & F PBM, DR M ABID , VIA ONLINE - PYMT  
AYCOM LIMITED , RAMADAN FUND , FP 25/01/23 1130 , QDP7N16X5ER5E26XLE  
CHARITABLE GIVING , BENEVITY  
NOVAK READIN LTD , ERROR , FP 27/08/23 1038 , RP4679966615637800

Value	Balance	Account Name	Account Number
-4078.33	414.23	FOOD PARCEL	'601721-95553266
-2749.39	3601.56	FOOD PARCEL	'601721-95553266
-2000	4180.95	FOOD PARCEL	'601721-95553266
-1300	1916.56	FOOD PARCEL	'601721-95553266
-1200	3466.56	FOOD PARCEL	'601721-95553266
-1000	3071.56	FOOD PARCEL	'601721-95553266
-964.57	1381.25	FOOD PARCEL	'601721-95553266
-600	726.25	FOOD PARCEL	'601721-95553266
-600	6350.95	FOOD PARCEL	'601721-95553266
-500	881.25	FOOD PARCEL	'601721-95553266
-462.5	5055.95	FOOD PARCEL	'601721-95553266
-400	1024.23	FOOD PARCEL	'601721-95553266
-200	3980.95	FOOD PARCEL	'601721-95553266
-175.74	1975.82	FOOD PARCEL	'601721-95553266
1	1903.23	FOOD PARCEL	'601721-95553266
1	1672.23	FOOD PARCEL	'601721-95553266
1	1671.23	FOOD PARCEL	'601721-95553266
1	1670.23	FOOD PARCEL	'601721-95553266
1	5518.45	FOOD PARCEL	'601721-95553266
2	1925.23	FOOD PARCEL	'601721-95553266
2	1320.25	FOOD PARCEL	'601721-95553266
2	1218.25	FOOD PARCEL	'601721-95553266
3.67	3495.95	FOOD PARCEL	'601721-95553266
3.72	1413.97	FOOD PARCEL	'601721-95553266
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150	3650.95	FOOD PARCEL	601721-95553266
150	1071.25	FOOD PARCEL	601721-95553266
150	1266.25	FOOD PARCEL	601721-95553266
150	2175.82	FOOD PARCEL	601721-95553266
150	3971.56	FOOD PARCEL	601721-95553266
150	3821.56	FOOD PARCEL	601721-95553266
150	6900.95	FOOD PARCEL	601721-95553266
150	5890.95	FOOD PARCEL	601721-95553266
150	4718.45	FOOD PARCEL	601721-95553266
150	4263.45	FOOD PARCEL	601721-95553266
160	6320.95	FOOD PARCEL	601721-95553266
160	5525.95	FOOD PARCEL	601721-95553266
160	4568.45	FOOD PARCEL	601721-95553266
200	4496.56	FOOD PARCEL	601721-95553266
211.61	4372.56	FOOD PARCEL	601721-95553266
500	4246.56	FOOD PARCEL	601721-95553266
799	5517.45	FOOD PARCEL	601721-95553266
1563.31	3297.28	FOOD PARCEL	601721-95553266
2000	5935.95	FOOD PARCEL	601721-95553266

Outgoing -16230.53

Income 14237.31

**FOOD PARCELS**

England & Wales - Charity number 1166371

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# Accounts

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# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	Jan	2022		31	December	2022

## Section A Reference and administration details

Charity name

Food Parcels

Other names charity is known by

Registered charity number (if any)

1166371

Charity's principal address

324 Barkham Road  
 Wokingham  
 Berkshire  
**Postcode** RG41 4DA

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Farooq Ahmed	Chairman		
2	Zubair Rafiq	Secretary		
3	Iftikhar Ali	Treasurer		
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

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**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Trust
Trustee selection methods (eg. appointed by, elected by)	Elected by members at AGM.

**Additional governance issues (Optional information)**

<p>You <b>may choose</b> to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> <li>• policies and procedures adopted for the induction and training of trustees;</li> <li>• the charity's organisational structure and any wider network with which the charity works;</li> <li>• relationship with any related parties;</li> <li>• trustees' consideration of major risks and the system and procedures to manage them.</li> </ul>	<p><b>Charity structure:</b> The structure consists of trustees which also acts as an operational committee.</p> <ul style="list-style-type: none"> <li>• Trustees - responsible for the overall running of the charity and - for the day to day running of the charity.</li> </ul> <p><b>Policies:</b> The charity takes its responsibility towards helping provide a hot meal to anyone who unable to have access or afford a hot meal. To this regards it has adopted policies and procedures for the induction and training of trustees and volunteers. The following policies and procedures are reviewed annually:</p> <ul style="list-style-type: none"> <li>• Data protection policy</li> <li>• Health and safety policy</li> <li>• Equal opportunity policy</li> <li>• Complaints procedure</li> </ul> <p><b>Risks/Mitigation:</b> The charity takes its responsibility seriously, particularly safeguarding and health and safety. To this regard, all policies are reviewed annually and an officer is responsible for each of the above policies.</p>
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**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

The prevention or relief of poverty or financial hardship in the United Kingdom by providing people with food which they could not otherwise afford through lack of means.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

The charity gives regard to the guidance issued by the Charity Commission on public benefits and these are socialised with all management committee of the charity.

The main **activities** of the charity are:

- 1 Food Parcels runs a weekly food distribution in Central Reading where hot meals are handed to a wide variety of people who are unable to afford a hot meal.
- 2 Food Parcels runs weekly deliveries of essential food items to vulnerable families.
- 3 During Ramadan, the Islamic month where Muslims worldwide fast from dawn to dusk, meals are distributed for 30 consecutive days.
- 4 Raising awareness and funds for the charity
- 5 Engaging with the homeless and seeking to advise and comfort

**Additional details of objectives and activities (Optional information)**

#### Contribution made by volunteers

Food Parcels invites member of the community to volunteer their time, networks and finances contribution to help people receive a basic human right.:

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

## Section D

## Achievements and performance

**Summary of the main achievements of the charity during the year**

The charity is centred around providing a reliable and sustainable supply of food to those in need.

Over 2000 meals have been provided this year as well as weekly groceries to over 150 families.

No week was missed.

We have a pool of 30 volunteers so that no weeks are missed

## Section E Financial review

**Brief statement of the charity's policy on reserves**

The charity does not have a reserves policy.

**Details of any funds materially in deficit**

N/A

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Funds are provided by donors from the local Reading community.

## Section F Other optional information

## Section G Declaration

The trustees declare that they have approved the trustees' report above.

**Signed on behalf of the charity's trustees**

<b>Signature(s)</b>	<i>Zubair Rafiq</i>	
<b>Full name(s)</b>	Zubair Rafiq	
<b>Position (eg Secretary, Chair, etc)</b>	Secretary	
<b>Date</b>	30/10/23	

Spreadsheet Data  
Open Accounts

01/01/2022 through 31/12/2022

Num	Date	Payee	Account	Category	Amount
	04/01/2022	Quereshi	Natwest	Donation	21.00
	04/01/2022	Dr Shahid Sharif	Natwest	Donation	50.00
	04/01/2022	Zubair Rafiq	Natwest	Donation	20.00
	04/01/2022	SHAKIR N A PA	Natwest	Donation	30.00
	05/01/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-171.00
	06/01/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-13.91
	07/01/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	13/01/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-12.38
	14/01/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	17/01/2022	Khalid & Mona Khan	Natwest	Donation	100.00
	17/01/2022	Sadaf Khamisani	Natwest	Donation	10.00
	17/01/2022	Various	Natwest	Donation	100.00
	20/01/2022	Morrisons	Expense - Mukhtar	Food : Foodbank	-90.08
	21/01/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	25/01/2022	Pay Mukhtar	Expense - Mukhtar	Transfer From : Natwest	298.96
	25/01/2022	Pay Mukhtar	Natwest	Transfer To : Expense - Mukhtar	-298.96
	26/01/2022	Costco	Expense - Mukhtar	Food : Foodbank	-167.76
	27/01/2022	Asim Humayun	Natwest	Donation	20.00
	27/01/2022	S AURAKZAI	Natwest	Donation	50.00
	27/01/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-5.09
	27/01/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-123.50
	28/01/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	28/01/2022	Garage Rent	Pindi Express	Bills : Rent	-100.00
	28/01/2022	Asaf Saleem	Natwest	Donation	20.00
	01/02/2022	Pay Pindi Express	Pindi Express	Transfer From : Natwest	437.50
	01/02/2022	Pay Pindi Express	Natwest	Transfer To : Pindi Express	-437.50
	01/02/2022	Dr Shahid Sharif	Natwest	Donation	50.00
	01/02/2022	Quereshi	Natwest	Donation	21.00
	01/02/2022	Zubair Rafiq	Natwest	Donation	20.00
	01/02/2022	SHAKIR N A PA	Natwest	Donation	30.00
	01/02/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-125.28
	03/02/2022	Morrisons	Expense - Mukhtar	Food : Foodbank	-27.98
	03/02/2022	Morrisons	Expense - Mukhtar	Food : Foodbank	-100.90
	04/02/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	10/02/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-208.70
	11/02/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	15/02/2022	Khalid & Mona Khan	Natwest	Donation	100.00
	15/02/2022	Nasr Alam	Natwest	Donation	100.00
	17/02/2022	Morrisons	Expense - Mukhtar	Food : Foodbank	-31.08
	18/02/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	21/02/2022	Taskeen Ahmed	Natwest	Donation	50.00
	23/02/2022	Asghar N&S	Natwest	Donation : Ramadan 2022	150.00
	24/02/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-12.59
	25/02/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	28/02/2022	Pay Pindi Express	Pindi Express	Transfer From : Natwest	450.00
	28/02/2022	Pay Pindi Express	Natwest	Transfer To : Pindi Express	-450.00
	28/02/2022	S AURAKZAI	Natwest	Donation	50.00
	28/02/2022	Asim Humayun	Natwest	Donation	20.00
	28/02/2022	Asaf Saleem	Natwest	Donation	20.00
	01/03/2022	Sadaf Khamisani	Natwest	Donation	20.00
	01/03/2022	Zubair Rafiq	Natwest	Donation	20.00
	01/03/2022	Dr Shahid Sharif	Natwest	Donation	50.00
	01/03/2022	Quereshi	Natwest	Donation	21.00
	01/03/2022	Dr Muhmmad Abid	Natwest	Donation	200.00
	01/03/2022	SHAKIR N A PA	Natwest	Donation	30.00
	03/03/2022	Farooq Ahmed	Natwest	Donation	50.00
	03/03/2022	Morrisons	Expense - Mukhtar	Food : Foodbank	-48.65

Spreadsheet Data  
Open Accounts

01/01/2022 through 31/12/2022

Num	Date	Payee	Account	Category	Amount
	04/03/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	10/03/2022	Morrisons	Expense - Mukhtar	Food : Foodbank	-31.57
	11/03/2022	Iftikar Ali	Natwest	Donation	100.00
	11/03/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	14/03/2022	Manz&AKI	Natwest	Donation : Ramadan 2022	150.00
	14/03/2022	AHMAD N	Natwest	Donation : Ramadan 2022	250.00
	15/03/2022	AHMAD N	Natwest	Donation : Ramadan 2022	25.00
	15/03/2022	Khalid & Mona Khan	Natwest	Donation	100.00
	15/03/2022	Nasr Alam	Natwest	Donation	100.00
	16/03/2022	ARAIN FH	Natwest	Donation : Ramadan 2022	150.00
	17/03/2022	Morrisons	Expense - Mukhtar	Food : Foodbank	-31.57
	18/03/2022	Pay Pindi Express	Pindi Express	Transfer From : Natwest	575.00
	18/03/2022	Pay Pindi Express	Natwest	Transfer To : Pindi Express	-575.00
	18/03/2022	SAFED R AND U	Natwest	Donation : Ramadan 2022	300.00
	21/03/2022	ZIYA KHAN	Natwest	Donation : Ramadan 2022	150.00
	23/03/2022	Asghar N&S	Natwest	Donation : Ramadan 2022	150.00
	23/03/2022	Amazon	Expense - Mukhtar	Miscellaneous	-196.92
	24/03/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-9.31
	24/03/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-90.14
	24/03/2022	MEHTA AH+M	Natwest	Donation : Ramadan 2022	150.00
	24/03/2022	Dr Shahid Sharif	Natwest	Donation : Ramadan 2022	150.00
	25/03/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	25/03/2022	LATIF A	Natwest	Donation : Ramadan 2022	150.00
	25/03/2022	Farooq Ahmed	Natwest	Donation : Ramadan 2022	150.00
	28/03/2022	Garage Rent	Pindi Express	Bills : Rent	-100.00
	28/03/2022	Asim Humayun	Natwest	Donation	20.00
	28/03/2022	S AURAKZAI	Natwest	Donation	50.00
	28/03/2022	Asaf Saleem	Natwest	Donation	20.00
	29/03/2022	HUMRAH TRAVELS LIM	Natwest	Donation	50.00
	30/03/2022	Morrisons	Expense - Mukhtar	Food : Foodbank	-66.32
	30/03/2022	Sadaf Khamisani	Natwest	Donation	25.00
	01/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	01/04/2022	Garage Rent	Pindi Express	Bills : Rent	-125.00
	01/04/2022	Dr Shahid Sharif	Natwest	Donation	50.00
	01/04/2022	Quereshi	Natwest	Donation	21.00
	01/04/2022	Zubair Rafiq	Natwest	Donation	20.00
	01/04/2022	SHAKIR N A PA	Natwest	Donation	30.00
	02/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	03/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	04/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	04/04/2022	SHABBIR MIAN	Natwest	Donation : Ramadan 2022	200.00
	04/04/2022	Asif Butt	Natwest	Donation : Ramadan 2022	150.00
	04/04/2022	Farooq Ahmed	Natwest	Donation	50.00
	05/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	05/04/2022	KHAN A	Natwest	Donation : Ramadan 2022	100.00
	06/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	06/04/2022	Saima Iqbal	Natwest	Donation : Ramadan 2022	75.00
	07/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	07/04/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-45.00
	07/04/2022	Morrisons	Expense - Mukhtar	Food : Foodbank	-43.45
	08/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	09/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	10/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	11/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	12/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	13/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	13/04/2022	Pay Pindi Express	Pindi Express	Transfer From : Natwest	1,050.00

Spreadsheet Data  
Open Accounts

01/01/2022 through 31/12/2022

Num	Date	Payee	Account	Category	Amount
	13/04/2022	Pay Pindi Express	Natwest	Transfer To : Pindi Express	-1,050.00
	13/04/2022	Pay Mukhtar	Expense - Mukhtar	Transfer From : Natwest	1,168.89
	13/04/2022	Pay Mukhtar	Natwest	Transfer To : Expense - Mukhtar	-1,168.89
	14/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	14/04/2022	LATHAM EA	Natwest	Donation	15.00
	14/04/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-43.95
	15/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	16/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	17/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	18/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	19/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	19/04/2022	Khalid & Mona Khan	Natwest	Miscellaneous	100.00
	19/04/2022	M Tahir Latif	Natwest	Donation : Ramadan 2022	200.00
	19/04/2022	MAHMOOD M	Natwest	Donation : Ramadan 2022	150.00
	19/04/2022	Quereshi	Natwest	Donation	50.00
	19/04/2022	AHMAD N	Natwest	Donation	25.00
	19/04/2022	M JAMIL	Natwest	Donation : Ramadan 2022	150.00
	19/04/2022	Received from Paypal	Natwest	Donation	36.73
	19/04/2022	Asghar N&S	Natwest	Donation : Ramadan 2022	150.00
	19/04/2022	Nasr Alam	Natwest	Donation	100.00
	20/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	21/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	21/04/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-100.96
	22/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	23/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	24/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	25/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	26/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	27/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	27/04/2022	Pay Pindi Express	Pindi Express	Transfer From : Natwest	1,587.50
	27/04/2022	Pay Pindi Express	Natwest	Transfer To : Pindi Express	-1,587.50
	27/04/2022	S AURAKZAI	Natwest	Donation	50.00
	27/04/2022	Asim Humayun	Natwest	Donation	20.00
	28/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	28/04/2022	Dr Muhmmad Abid	Natwest	Donation	200.00
	28/04/2022	Asaf Saleem	Natwest	Donation	20.00
	28/04/2022	Sainsburys	Expense - Mukhtar	Food : Foodbank	-23.14
	29/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	30/04/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	03/05/2022	Dr Shahid Sharif	Natwest	Donation	50.00
	03/05/2022	Zubair Rafiq	Natwest	Donation	20.00
	03/05/2022	Quereshi	Natwest	Donation	30.00
	03/05/2022	SHAKIR N A PA	Natwest	Donation	30.00
	03/05/2022	Farooq Ahmed	Natwest	Donation	50.00
	05/05/2022	Morrisons	Expense - Mukhtar	Food : Foodbank	-66.65
	07/05/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	09/05/2022	Sadaf Khamisani	Natwest	Donation	5.00
	12/05/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-78.49
	14/05/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	16/05/2022	AHMAD N	Natwest	Donation	25.00
	16/05/2022	Khalid & Mona Khan	Natwest	Miscellaneous	100.00
	16/05/2022	Nasr Alam	Natwest	Donation	100.00
	19/05/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-34.21
	21/05/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	25/05/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-39.21
	27/05/2022	Asim Humayun	Natwest	Donation	20.00
	27/05/2022	S AURAKZAI	Natwest	Donation	50.00

Spreadsheet Data  
Open Accounts

01/01/2022 through 31/12/2022

Num	Date	Payee	Account	Category	Amount
	28/05/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	28/05/2022	Garage Rent	Pindi Express	Bills : Rent	-100.00
	30/05/2022	Asaf Saleem	Natwest	Donation	20.00
	31/05/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-97.50
	01/06/2022	LATHAM EA	Natwest	Donation	15.00
	01/06/2022	Dr Shahid Sharif	Natwest	Donation	50.00
	01/06/2022	Quereshi	Natwest	Donation	30.00
	01/06/2022	Zubair Rafiq	Natwest	Donation	20.00
	01/06/2022	SHAKIR N A PA	Natwest	Donation	30.00
	04/06/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	06/06/2022	Farooq Ahmed	Natwest	Donation	50.00
	09/06/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-82.11
	09/06/2022	Reading Food Centre	Expense - Mukhtar	Food : Foodbank	-9.45
	11/06/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	15/06/2022	AHMAD N	Natwest	Donation	25.00
	15/06/2022	Khalid & Mona Khan	Natwest	Miscellaneous	100.00
	15/06/2022	Nasr Alam	Natwest	Donation	100.00
	18/06/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	20/06/2022	Pay Pindi Express	Pindi Express	Transfer From : Natwest	612.50
	20/06/2022	Pay Pindi Express	Natwest	Transfer To : Pindi Express	-612.50
	23/06/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-76.71
	23/06/2022	Morrisons	Expense - Mukhtar	Food : Foodbank	-32.50
	25/06/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	27/06/2022	Asim Humayun	Natwest	Donation	20.00
	27/06/2022	S AURAKZAI	Natwest	Donation	50.00
	28/06/2022	Asaf Saleem	Natwest	Donation	20.00
	01/07/2022	LATHAM EA	Natwest	Donation	15.00
	01/07/2022	Quereshi	Natwest	Donation	30.00
	01/07/2022	Zubair Rafiq	Natwest	Donation	20.00
	01/07/2022	Dr Shahid Sharif	Natwest	Donation	50.00
	01/07/2022	SHAKIR N A PA	Natwest	Donation	30.00
	02/07/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	04/07/2022	Sadaf Khamisani	Natwest	Donation	10.00
	04/07/2022	Farooq Ahmed	Natwest	Donation	50.00
	07/07/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-26.86
	09/07/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	14/07/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-21.20
	15/07/2022	Khalid & Mona Khan	Natwest	Donation	100.00
	15/07/2022	AHMAD N	Natwest	Donation	25.00
	15/07/2022	Nasr Alam	Natwest	Donation	100.00
	16/07/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	21/07/2022	Aldi	Expense - Mukhtar	Food : Foodbank	-77.77
	23/07/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	27/07/2022	S AURAKZAI	Natwest	Donation	50.00
	27/07/2022	Asim Humayun	Natwest	Donation	20.00
	28/07/2022	Pay Pindi Express	Pindi Express	Transfer From : Natwest	625.00
	28/07/2022	Pay Pindi Express	Natwest	Transfer To : Pindi Express	-625.00
	28/07/2022	Asaf Saleem	Natwest	Donation	20.00
	30/07/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	30/07/2022	Garage Rent	Pindi Express	Bills : Rent	-100.00
	01/08/2022	Dr Shahid Sharif	Natwest	Donation	50.00
	01/08/2022	Zubair Rafiq	Natwest	Donation	20.00
	01/08/2022	LATHAM EA	Natwest	Donation	15.00
	01/08/2022	Quereshi	Natwest	Donation	30.00
	01/08/2022	SHAKIR N A PA	Natwest	Donation	30.00
	03/08/2022	Farooq Ahmed	Natwest	Donation	50.00
	05/08/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50

Spreadsheet Data  
Open Accounts

01/01/2022 through 31/12/2022

Num	Date	Payee	Account	Category	Amount
	10/08/2022	Sadaf Khamisani	Natwest	Donation	10.00
	12/08/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	15/08/2022	Khalid & Mona Khan	Natwest	Donation	100.00
	15/08/2022	AHMAD N	Natwest	Donation	25.00
	15/08/2022	Nasr Alam	Natwest	Donation	100.00
	16/08/2022	Sadaf Khamisani	Natwest	Donation	20.00
	19/08/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	23/08/2022	Farhan Akbar	Natwest	Donation	150.00
	26/08/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	26/08/2022	Garage Rent	Pindi Express	Bills : Rent	-100.00
	30/08/2022	S AURAKZAI	Natwest	Donation	50.00
	30/08/2022	Asim Humayun	Natwest	Donation	20.00
	30/08/2022	Asaf Saleem	Natwest	Donation	20.00
	31/08/2022	P Kelly	Natwest	Donation	100.00
	01/09/2022	Dr Shahid Sharif	Natwest	Donation	50.00
	01/09/2022	Quereshi	Natwest	Donation	30.00
	01/09/2022	Zubair Rafiq	Natwest	Donation	20.00
	01/09/2022	LATHAM EA	Natwest	Donation	15.00
	01/09/2022	SHAKIR N A PA	Natwest	Donation	30.00
	02/09/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	05/09/2022	Farooq Ahmed	Natwest	Donation	50.00
	09/09/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	15/09/2022	AHMAD N	Natwest	Donation	25.00
	15/09/2022	Khalid & Mona Khan	Natwest	Miscellaneous	100.00
	15/09/2022	Nasr Alam	Natwest	Donation	100.00
	16/09/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	20/09/2022	Pay Pindi Express	Pindi Express	Transfer From : Natwest	987.50
	20/09/2022	Pay Pindi Express	Natwest	Transfer To : Pindi Express	-987.50
	20/09/2022	Pay Mukhtar	Expense - Mukhtar	Transfer From : Natwest	849.30
	20/09/2022	Pay Mukhtar	Natwest	Transfer To : Expense - Mukhtar	-849.30
	20/09/2022	Paypal	Natwest	Donation	171.55
	23/09/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	23/09/2022	Quereshi	Natwest	Donation	15.00
	23/09/2022	Abid Khalid	Natwest	Donation : Ramadan 2018	30.00
	26/09/2022	Zubair Rafiq	Natwest	Donation	200.00
	26/09/2022	Asim Humayun	Natwest	Donation	250.00
	26/09/2022	Asif Butt	Natwest	Donation	51.00
	26/09/2022	Farooq Ahmed	Natwest	Donation	30.00
	26/09/2022	SIDDIQUI S AND N N/	Natwest	Donation	230.00
	27/09/2022	Asim Humayun	Natwest	Donation	20.00
	27/09/2022	S AURAKZAI	Natwest	Donation	50.00
	28/09/2022	Asaf Saleem	Natwest	Donation	20.00
	29/09/2022	Shahid Younis	Natwest	FoodBank	15.00
	30/09/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	30/09/2022	Garage Rent	Pindi Express	Bills : Rent	-100.00
	30/09/2022	ALAM S Z AND T Z	Natwest	Donation	100.00
	03/10/2022	Quereshi	Natwest	Donation	30.00
	03/10/2022	LATHAM EA	Natwest	Donation	15.00
	03/10/2022	Dr Shahid Sharif	Natwest	Donation	50.00
	03/10/2022	Zubair Rafiq	Natwest	Donation	20.00
	03/10/2022	SHAKIR N A PA	Natwest	Donation	30.00
	03/10/2022	Farooq Ahmed	Natwest	Donation	50.00
	07/10/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	10/10/2022	KHAMISANI V/XP	Natwest	Donation	30.00
	14/10/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	17/10/2022	AHMAD N	Natwest	Donation	25.00
	17/10/2022	Khalid & Mona Khan	Natwest	Donation	100.00

Spreadsheet Data  
Open Accounts

01/01/2022 through 31/12/2022

Num	Date	Payee	Account	Category	Amount
	17/10/2022	Nasr Alam	Natwest	Donation	100.00
	21/10/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	27/10/2022	S AURAKZAI	Natwest	Donation	50.00
	27/10/2022	Asim Humayun	Natwest	Donation	20.00
	28/10/2022	Asaf Saleem	Natwest	Donation	20.00
	28/10/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	28/10/2022	Garage Rent	Pindi Express	Bills : Rent	-100.00
	01/11/2022	Zubair Rafiq	Natwest	Donation	20.00
	01/11/2022	LATHAM EA	Natwest	Donation	15.00
	01/11/2022	Dr Shahid Sharif	Natwest	Donation	50.00
	01/11/2022	Quereshi	Natwest	Donation	30.00
	01/11/2022	SHAKIR N A PA	Natwest	Donation	30.00
	03/11/2022	Farooq Ahmed	Natwest	Donation	50.00
	04/11/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	11/11/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	14/11/2022	Pay Pindi Express	Natwest	Transfer To : Pindi Express	-900.00
	14/11/2022	Pay Pindi Express	Pindi Express	Transfer From : Natwest	900.00
	15/11/2022	Khalid & Mona Khan	Natwest	Donation	100.00
	15/11/2022	AHMAD N	Natwest	Donation	25.00
	15/11/2022	ALAM S N AND R	Natwest	Donation	100.00
	18/11/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	25/11/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	25/11/2022	Garage Rent	Pindi Express	Bills : Rent	-100.00
	28/11/2022	Asim Humayun	Natwest	Donation	20.00
	28/11/2022	S AURAKZAI	Natwest	Donation	50.00
	28/11/2022	Asaf Saleem	Natwest	Donation	20.00
	01/12/2022	Zubair Rafiq	Natwest	Donation	20.00
	01/12/2022	LATHAM EA	Natwest	Donation	15.00
	01/12/2022	Quereshi	Natwest	Donation	30.00
	01/12/2022	Dr Shahid Sharif	Natwest	Donation	50.00
	01/12/2022	Asgar N&S	Natwest	Donation	150.00
	01/12/2022	SHAKIR N A PA	Natwest	Donation	30.00
	02/12/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	05/12/2022	AHMAD F	Natwest	Donation	50.00
	09/12/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	15/12/2022	Khalid & Mona Khan	Natwest	Donation	20.00
	15/12/2022	AHMAD N	Natwest	Donation	25.00
	15/12/2022	ALAM S N AND R	Natwest	Donation	100.00
	16/12/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	22/12/2022	CAF2212199169CF	Natwest	Donation	14.00
	23/12/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	28/12/2022	Pay Pindi Express	Natwest	Transfer To : Pindi Express	-562.50
	28/12/2022	Pay Pindi Express	Pindi Express	Transfer From : Natwest	562.50
	28/12/2022	S AURAKZAI	Natwest	Donation	50.00
	28/12/2022	HUMRAH TRAVELS LIM	Natwest	Donation	50.00
	28/12/2022	Asim Humayun	Natwest	Donation	20.00
	28/12/2022	Asaf Saleem	Natwest	Donation	20.00
	30/12/2022	PindiExpress	Pindi Express	Food : Homeless	-87.50
	30/12/2022	Garage Rent	Pindi Express	Bills : Rent	-125.00
601721	11/10/2022	Early Charity Cheque	Natwest	Donation	2,500.00
<b>Grand Total</b>					<b>3,578.39</b>

**FOOD PARCELS**

England & Wales - Charity number 1166371

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# Accounts

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## Tax-related transactions

01/01/2021 through 31/12/2021

Num	Date	Payee	Memo	Amount
<b>Income Categories</b>				
<b>Donation</b>				
Ramadan 2021				
	12/04/2021	ALAM S AND T	SAFIYA ALAM	350.00
	20/04/2021	Asif Butt	DR ASIF N BUTT	100.00
	20/04/2021	Manz&AKI	CHARITY	200.00
	21/04/2021	LATIF A	ABDUL LATIF	200.00
	21/04/2021	Dr Shahid Sharif	DR. SHARIF	200.00
	21/04/2021	Zubair Rafiq	ZUBAIR RAFIQ	200.00
	21/04/2021	MEE STUART	STUART	200.00
	26/04/2021	Abdul Minhas	ABDULMINHASRAMADAN	200.00
	30/04/2021	SHABBIR MIAN	FOOD PARCELS	200.00
	30/04/2021	Mohammed Abid	DR F ABID	500.00
	04/05/2021	ARAIN A AND F	SADAQA	200.00
	04/05/2021	Farooq Ahmed	DR FAROOQ AHMAD	200.00
				2,750.00
Donation - Unassigned				
	04/01/2021	Dr Shahid Sharif	DR. SHARIF	50.00
	04/01/2021	Quereshi	FOOD PARCELS	21.00
	04/01/2021	Zubair Rafiq	ZUBAIR RAFIQ	20.00
	04/01/2021	SHAKIR N A PA	NAIM	30.00
	07/01/2021	CAF2101048805CF	2101048805CF	10.00
	15/01/2021	Khalid & Mona Khan	KHALID+MONA KHAN	100.00
	15/01/2021	Nasr Alam	N ALAM	100.00
	20/01/2021	Sadaf Khamisani	SADAF KHAMISANI	10.00
	27/01/2021	Asim Humayun	FP 27/01/21 0057	20.00
	28/01/2021	Asaf Saleem	ASAF SALEEM	20.00
	01/02/2021	Quereshi	FOOD PARCELS	21.00
	01/02/2021	Dr Shahid Sharif	DR. SHARIF	50.00
	01/02/2021	Zubair Rafiq	ZUBAIR RAFIQ	20.00
	01/02/2021	SHAKIR N A PA	NAIM	30.00
	02/02/2021	Aurangzaib AurakZai	AKAURAKZAI	450.00
	10/02/2021	ALAM S AND T	TAZEEN ALAM	51.00
	12/02/2021	Paypal		1,341.13
	15/02/2021	Khalid & Mona Khan	KHALID+MONA KHAN	100.00
	15/02/2021	Nasr Alam	N ALAM	100.00
	17/02/2021	CAF2102121903CF	2102121903CF	5.00
	18/02/2021	ALAM S AND T/HOME	TAZEEN ALAM	50.00
	01/03/2021	Dr Shahid Sharif	DR. SHARIF	50.00
	01/03/2021	S AURAKZAI	AURANGZEB AURAKZAI	50.00
	01/03/2021	Quereshi	FOOD PARCELS	21.00
	01/03/2021	Asim Humayun	FP 01/03/21 0219	20.00
	01/03/2021	Zubair Rafiq	ZUBAIR RAFIQ	20.00
	01/03/2021	SHAKIR N A PA	NAIM	30.00
	01/03/2021	Asaf Saleem	ASAF SALEEM	20.00
	09/03/2021	CAF2103042486CF	2103042486CF	5.00
	12/03/2021	KHAN IH	ISRAR KHAN CONT	20.00
	15/03/2021	Khalid & Mona Khan	KHALID+MONA KHAN	100.00
	15/03/2021	Nasr Alam	N ALAM	100.00
	29/03/2021	Asim Humayun	FP 29/03/21 0103	20.00
	29/03/2021	S AURAKZAI	AURANGZEB AURAKZAI	50.00
	29/03/2021	Asaf Saleem	ASAF SALEEM	20.00
	01/04/2021	SHAKIR N A PA	NAIM	30.00
	01/04/2021	Zubair Rafiq	ZUBAIR RAFIQ	20.00
	01/04/2021	Quereshi	FOOD PARCELS	21.00

## Tax-related transactions

01/01/2021 through 31/12/2021

Num	Date	Payee	Memo	Amount
	01/04/2021	Dr Shahid Sharif	DR. SHARIF	50.00
	12/04/2021	KHAN IH	ISRAR KHAN CONT	20.00
	15/04/2021	Nasr Alam	N ALAM	100.00
	15/04/2021	Khalid & Mona Khan	KHALID+MONA KHAN	100.00
	23/04/2021	CAF2104202297CF	2104202297CF	5.00
	26/04/2021	Paypal	NASR ALAM	6.00
	27/04/2021	Asim Humayun	FP 27/04/21 0121	20.00
	27/04/2021	S AURAKZAI	AURANGZEB AURAKZAI	50.00
	28/04/2021	Asaf Saleem	ASAF SALEEM	20.00
	04/05/2021	Dr Shahid Sharif	DR. SHARIF	50.00
	04/05/2021	Zubair Rafiq	ZUBAIR RAFIQ	20.00
	04/05/2021	Quereshi	FOOD PARCELS	21.00
	04/05/2021	HUMRAH TRAVELS LIM	IQTIDAR KHAN	50.00
	04/05/2021	SHAKIR N A PA	NAIM	30.00
	07/05/2021	CAF21050447419CF	21050447419CF	5.00
	12/05/2021	KHAN IH	ISRAR KHAN CONT	20.00
	17/05/2021	Khalid & Mona Khan	KHALID+MONA KHAN	100.00
	17/05/2021	Nasr Alam	N ALAM	100.00
	27/05/2021	S AURAKZAI	AURANGZEB AURAKZAI	50.00
	27/05/2021	Asim Humayun	FP 27/05/21 0119	20.00
	28/05/2021	Asaf Saleem	ASAF SALEEM	20.00
	01/06/2021	Dr Shahid Sharif	DR. SHARIF	50.00
	01/06/2021	Quereshi	FOOD PARCELS	21.00
	01/06/2021	Zubair Rafiq	ZUBAIR RAFIQ	20.00
	01/06/2021	SHAKIR N A PA	NAIM	30.00
	09/06/2021	CAF2106041913CF	2106041913CF	5.00
	14/06/2021	KHAN IH	ISRAR KHAN CONT	20.00
	15/06/2021	Khalid & Mona Khan	KHALID+MONA KHAN	100.00
	15/06/2021	Nasr Alam	N ALAM	100.00
	28/06/2021	Asaf Saleem	ASAF SALEEM	20.00
	28/06/2021	Asim Humayun	FP 28/06/21 0105	20.00
	28/06/2021	S AURAKZAI	AURANGZEB AURAKZAI	50.00
	01/07/2021	SHAKIR N A PA	NAIM	30.00
	01/07/2021	Dr Shahid Sharif	DR. SHARIF	50.00
	01/07/2021	Quereshi	FOOD PARCELS	21.00
	01/07/2021	Zubair Rafiq	ZUBAIR RAFIQ	20.00
	08/07/2021	Caf Cf	2107055713CF	5.00
	12/07/2021	KHAN IH	ISRAR KHAN CONT	20.00
	15/07/2021	Nasr Alam	N ALAM	100.00
	15/07/2021	Sadaf Khamisani	SADAF KHAMISANI	25.00
	15/07/2021	Khalid & Mona Khan	KHALID+MONA KHAN	100.00
	27/07/2021	Asim Humayun	FP 27/07/21 0125	20.00
	27/07/2021	S AURAKZAI	AURANGZEB AURAKZAI	50.00
	28/07/2021	Asaf Saleem	ASAF SALEEM	20.00
	02/08/2021	SHAKIR N A PA	NAIM	30.00
	02/08/2021	Dr Shahid Sharif	DR. SHARIF	50.00
	02/08/2021	Sadaf Khamisani	SADAF KHAMISANI	5.00
	02/08/2021	Quereshi	FOOD PARCELS	21.00
	02/08/2021	Zubair Rafiq	ZUBAIR RAFIQ	20.00
	09/08/2021	Caf Cf	2108041772CF	5.00
	12/08/2021	KHAN IH	ISRAR KHAN CONT	20.00
	16/08/2021	Nasr Alam	N ALAM	100.00
	16/08/2021	Khalid & Mona Khan	KHALID+MONA KHAN	100.00
	27/08/2021	Asim Humayun	FP 27/08/21 0139	20.00
	27/08/2021	S AURAKZAI	AURANGZEB AURAKZAI	50.00
	31/08/2021	Asaf Saleem	ASAF SALEEM	20.00
	01/09/2021	SHAKIR N A PA	NAIM	30.00

## Tax-related transactions

01/01/2021 through 31/12/2021

Num	Date	Payee	Memo	Amount
	01/09/2021	Quereshi	FOOD PARCELS	21.00
	01/09/2021	Zubair Rafiq	ZUBAIR RAFIQ	20.00
	01/09/2021	Dr Shahid Sharif	DR. SHARIF	50.00
	09/09/2021	Caf Cf	2109064845CF	5.00
	13/09/2021	Sadaf Khamisani	SADAF KHAMISANI	10.00
	15/09/2021	Nasr Alam	N ALAM	100.00
	15/09/2021	Khalid & Mona Khan	KHALID+MONA KHAN	100.00
	20/09/2021	Sadaf Khamisani	SADAF KHAMISANI	25.00
	27/09/2021	S AURAKZAI	AURANGZEB AURAKZAI	50.00
	27/09/2021	Asim Humayun	FP 27/09/21 0226	20.00
	28/09/2021	Asaf Saleem	ASAF SALEEM	20.00
	01/10/2021	SHAKIR N A PA	NAIM	30.00
	01/10/2021	Zubair Rafiq	ZUBAIR RAFIQ	20.00
	01/10/2021	Dr Shahid Sharif	DR. SHARIF	50.00
	01/10/2021	Quereshi	FOOD PARCELS	21.00
	15/10/2021	Nasr Alam	N ALAM	100.00
	19/10/2021	Caf Cf	2110141702CF	5.00
	27/10/2021	S AURAKZAI	AURANGZEB AURAKZAI	50.00
	27/10/2021	Asim Humayun	FP 27/10/21 0145	20.00
	28/10/2021	Asaf Saleem	ASAF SALEEM	20.00
	29/10/2021	Sadaf Khamisani	SADAF KHAMISANI	10.00
	01/11/2021	Quereshi	FOOD PARCELS	21.00
	01/11/2021	Dr Shahid Sharif	DR. SHARIF	50.00
	01/11/2021	Zubair Rafiq	ZUBAIR RAFIQ	20.00
	01/11/2021	SHAKIR N A PA	NAIM	30.00
	15/11/2021	Khalid & Mona Khan	KHALID+MONA KHAN	100.00
	15/11/2021	Nasr Alam	N ALAM	100.00
	29/11/2021	S AURAKZAI	AURANGZEB AURAKZAI	50.00
	29/11/2021	Asim Humayun	FP 29/11/21 0119	20.00
	29/11/2021	Asaf Saleem	ASAF SALEEM	20.00
	01/12/2021	Quereshi	FOOD PARCELS	21.00
	01/12/2021	Dr Shahid Sharif	DR. SHARIF	50.00
	01/12/2021	Zubair Rafiq	ZUBAIR RAFIQ	20.00
	01/12/2021	SHAKIR N A PA	NAIM	30.00
	08/12/2021	Sadaf Khamisani	SADAF KHAMISANI	25.00
	15/12/2021	Khalid & Mona Khan	KHALID+MONA KHAN	100.00
	15/12/2021	Nasr Alam	N ALAM	100.00
	20/12/2021	Caf Cf	2112154343CF	10.00
	29/12/2021	Asim Humayun	FP 29/12/21 0200	20.00
	29/12/2021	S AURAKZAI	AURANGZEB AURAKZAI	50.00
	29/12/2021	Asaf Saleem	ASAF SALEEM	20.00
	31/12/2021	Dr Muhmmad Abid		500.00
				7,525.13
<b>Total Donation</b>				<b>10,275.13</b>
<b>FoodBank</b>				
	19/07/2021	SAEED R AND U	DONATION	30.00
	23/11/2021	Asghar N&S		150.00
<b>Total FoodBank</b>				<b>180.00</b>
<b>Income</b>				
	15/04/2021	601721 15APR 1158		12.50
	20/07/2021	Jul		97.90
	20/07/2021	Jul		25.00

## Tax-related transactions

01/01/2021 through 31/12/2021

Num	Date	Payee	Memo	Amount
Total Income - Unassigned				135.40
Total Income Categories				10,590.53
Expense Categories				
Food				
Foodbank				
	04/01/2021	Morrison's		-12.98
	04/01/2021	Aldi		-6.90
	06/01/2021	Costco	#114 , READING GB , 4115 05JAN21 CD	-69.48
	08/01/2021	Aldi	READING GB , 4115 07JAN21 CD	-6.21
	08/01/2021	Morrison's	READING GB , 4115 07JAN21 CD	-5.17
	15/01/2021	Aldi	READING GB , 2137 14JAN21 CD	-6.90
	15/01/2021	Morrison's	READING GB , 2137 14JAN21 CD	-5.99
	22/01/2021	Aldi	READING GB , 2137 21JAN21 CD	-51.66
	22/01/2021	Morrison's	READING GB , 2137 21JAN21 CD	-36.54
	29/01/2021	Aldi		-41.02
	29/01/2021	Morrison's		-10.62
	29/01/2021	Morrison's		-28.80
	05/02/2021	Morrison's	READING GB , 2137 04FEB21 CD	-18.72
	05/02/2021	Aldi	READING GB , 2137 04FEB21 CD	-63.14
	12/02/2021	Morrison's	READING GB , 2137 11FEB21 CD	-8.56
	12/02/2021	Aldi	READING GB , 2137 11FEB21 CD	-46.08
	15/02/2021	Costco	#114 , READING GB , 2137 12FEB21 CD	-57.51
	19/02/2021	Morrison's	READING GB , 2137 18FEB21 CD	-17.72
	19/02/2021	Aldi	READING GB , 2137 18FEB21 CD	-89.93
	26/02/2021	Aldi		-32.82
	26/02/2021	Morrison's		-6.05
	26/02/2021	Makro	REA , READING GB , 2137 25FEB21 CD	-97.13
	05/03/2021	Morrison's		-21.44
	05/03/2021	Aldi		-22.89
	12/03/2021	Aldi	READING GB , 2137 11MAR21 CD	-54.68
	12/03/2021	Morrison's	READING GB , 2137 11MAR21 CD	-62.37
	19/03/2021	Aldi	READING GB , 2137 18MAR21 CD	-57.04
	19/03/2021	Morrison's	READING GB , 2137 18MAR21 CD	-4.90
	19/03/2021	Aldi	READING GB , 2137 18MAR21 CD	-14.76
	26/03/2021	Morrison's	READING GB , 2137 25MAR21 CD	-66.40
	26/03/2021	Aldi	READING GB , 2137 25MAR21 CD	-44.80
	06/04/2021	Morrison's		-6.08
	06/04/2021	Aldi		-13.86
	09/04/2021	Morrison's	READING GB , 2137 08APR21 CD	-7.04
	09/04/2021	Aldi	READING GB , 2137 08APR21 CD	-43.52
	16/04/2021	Morrison's	READING GB , 2137 15APR21 CD	-21.76
	16/04/2021	Aldi	READING GB , 2137 15APR21 CD	-66.35
	23/04/2021	Morrison's	READING GB , 2137 22APR21 CD	-30.39
	23/04/2021	Aldi	READING GB , 2137 22APR21 CD	-50.64
	30/04/2021	Morrison's	READING GB , 2137 29APR21 CD	-59.19
	30/04/2021	Aldi	READING GB , 2137 29APR21 CD	-50.02
	07/05/2021	Aldi	READING GB , 2137 06MAY21 CD	-27.64
	07/05/2021	Morrison's	READING GB , 2137 06MAY21 CD	-5.19
	14/05/2021	Morrison's	READING GB , 2137 13MAY21 CD	-6.08
	14/05/2021	Aldi	READING GB , 2137 13MAY21 CD	-43.85
	21/05/2021	Aldi	READING GB , 2137 20MAY21 CD	-54.14
	21/05/2021	Morrison's	READING GB , 2137 20MAY21 CD	-19.01
	28/05/2021	Morrison's	READING GB , 2137 27MAY21 CD	-24.03
	28/05/2021	Aldi	READING GB , 2137 27MAY21 CD	-61.88

## Tax-related transactions

01/01/2021 through 31/12/2021

Num	Date	Payee	Memo	Amount
	04/06/2021	Morrison's		-4.80
	04/06/2021	Aldi		-4.83
	04/06/2021	Morrison's	READING GB , 2137 03JUN21 CD	-102.60
	04/06/2021	Aldi	READING GB , 2137 03JUN21 CD	-46.02
	11/06/2021	Morrison's	READING GB , 2137 10JUN21 CD	-9.90
	11/06/2021	Aldi	READING GB , 2137 10JUN21 CD	-18.75
	17/06/2021	Costco		-95.85
	18/06/2021	Morrison's		-8.25
	18/06/2021	Aldi		-65.60
	25/06/2021	Aldi	READING GB , 2137 24JUN21 CD	-58.76
	25/06/2021	Morrison's	READING GB , 2137 24JUN21 CD	-72.00
	25/06/2021	Aldi	READING GB , 4115 24JUN21 CD	-5.52
	25/06/2021	Morrison's	READING GB , 4115 24JUN21 CD	-6.64
	02/07/2021	Morrison's	READING GB , 2137 01JUL21 CD	-18.08
	02/07/2021	Aldi	READING GB , 2137 01JUL21 CD	-46.69
	09/07/2021	Morrison's	READING GB , 2137 08JUL21 CD	-19.54
	09/07/2021	Aldi	READING GB , 2137 08JUL21 CD	-47.06
	20/07/2021	Aldi	READING GB , 2137 19JUL21 CD	-53.16
	23/07/2021	Morrison's	READING GB , 2137 22JUL21 CD	-64.52
	23/07/2021	Aldi	READING GB , 2137 22JUL21 CD	-41.75
	30/07/2021	Morrison's	READING GB , 2137 29JUL21 CD	-13.18
	06/08/2021	Morrison's	READING GB , 2137 05AUG21 CD	-15.79
	10/08/2021	Aldi	READING GB , 2137 09AUG21 CD	-71.90
	13/08/2021	Morrison's	READING GB , 2137 12AUG21 CD	-13.18
	16/08/2021	Aldi	READING GB , 2137 14AUG21 CD	-45.99
	16/08/2021	Morrison's	READING GB , 2137 14AUG21 CD	-64.80
	20/08/2021	Morrison's	READING GB , 4115 19AUG21 CD	-4.61
	20/08/2021	Aldi	READING GB , 4115 19AUG21 CD	-4.83
	27/08/2021	Morrison's	READING GB , 2137 26AUG21 CD	-26.08
	27/08/2021	Aldi	READING GB , 2137 26AUG21 CD	-83.74
	03/09/2021	Morrison's	READING GB , 2137 02SEP21 CD	-12.48
	10/09/2021	Morrison's	READING GB , 2137 09SEP21 CD	-3.74
	10/09/2021	Aldi	READING GB , 2137 09SEP21 CD	-86.20
	17/09/2021	Aldi	READING GB , 2137 16SEP21 CD	-26.93
	17/09/2021	Morrison's	READING GB , 2137 16SEP21 CD	-5.12
	23/09/2021	Aldi	READING GB , 2137 22SEP21 CD	-71.16
	23/09/2021	Morrison's		-12.26
	30/09/2021	Aldi	READING GB , 2137 29SEP21 CD	-70.96
	30/09/2021	Morrison's	READING GB , 2137 29SEP21 CD	-76.00
	01/10/2021	Morrison's	READING GB , 2137 30SEP21 CD	-13.99
	14/10/2021	Morrison's	READING GB , 2137 13OCT21 CD	-78.45
	15/10/2021	Morrison's	READING GB , 4115 14OCT21 CD	-10.60
	18/10/2021	Aldi	READING GB , 2137 16OCT21 CD	-76.72
	18/10/2021	Aldi	READING GB , 2137 17OCT21 CD	-50.46
	21/10/2021	B&M	Refuse bags	-2.00
	22/10/2021	Morrison's		-10.16
	29/10/2021	Morrison's	READING GB , 4115 28OCT21 CD	-10.25
	01/11/2021	Costco	#114 , READING GB , 2137 30OCT21 CD	-9.58
	01/11/2021	Aldi	READING GB , 2137 30OCT21 CD	-52.94
	27/11/2021	Aldi		-81.06
	03/12/2021	Morrison's	READING GB , 4115 02DEC21 CD	-15.31
	10/12/2021	Morrison's	READING GB , 4115 09DEC21 CD	-12.20
	17/12/2021	Morrison's	READING GB , 4115 16DEC21 CD	-8.80
	30/12/2021	Aldi		-11.59
				-3,603.26

## Tax-related transactions

01/01/2021 through 31/12/2021

Num	Date	Payee	Memo	Amount
	01/01/2021	PindiExpress		-105.00
	08/01/2021	PindiExpress	FOODPARCELS	-140.00
	15/01/2021	PindiExpress	FOODPARCELS	-140.00
	22/01/2021	PindiExpress		-140.00
	29/01/2021	PindiExpress		-87.50
	05/02/2021	PindiExpress		-87.50
	12/02/2021	PindiExpress		-87.50
	19/02/2021	PindiExpress		-87.50
	26/02/2021	PindiExpress		-87.50
	05/03/2021	PindiExpress		-87.50
	12/03/2021	PindiExpress		-87.50
	19/03/2021	PindiExpress		-87.50
	26/03/2021	PindiExpress		-87.50
	02/04/2021	PindiExpress		-87.50
	09/04/2021	PindiExpress		-87.50
	13/04/2021	PindiExpress		-87.50
	14/04/2021	PindiExpress		-87.50
	15/04/2021	PindiExpress		-87.50
	16/04/2021	PindiExpress		-87.50
	17/04/2021	PindiExpress		-87.50
	18/04/2021	PindiExpress		-87.50
	19/04/2021	PindiExpress		-87.50
	20/04/2021	PindiExpress		-87.50
	21/04/2021	PindiExpress		-87.50
	22/04/2021	PindiExpress		-87.50
	23/04/2021	PindiExpress		-87.50
	24/04/2021	PindiExpress		-87.50
	25/04/2021	PindiExpress		-87.50
	26/04/2021	PindiExpress		-87.50
	27/04/2021	PindiExpress		-87.50
	28/04/2021	PindiExpress		-87.50
	29/04/2021	PindiExpress		-87.50
	30/04/2021	PindiExpress		-87.50
	01/05/2021	PindiExpress		-87.50
	02/05/2021	PindiExpress		-87.50
	03/05/2021	PindiExpress		-87.50
	04/05/2021	PindiExpress		-87.50
	05/05/2021	PindiExpress		-87.50
	06/05/2021	PindiExpress		-87.50
	07/05/2021	PindiExpress		-87.50
	08/05/2021	PindiExpress		-87.50
	09/05/2021	PindiExpress		-87.50
	10/05/2021	PindiExpress		-87.50
	11/05/2021	PindiExpress		-87.50
	12/05/2021	PindiExpress		-87.50
	14/05/2021	PindiExpress		-87.50
	21/05/2021	PindiExpress		-87.50
	28/05/2021	PindiExpress		-87.50
	04/06/2021	PindiExpress		-87.50
	11/06/2021	PindiExpress		-87.50
	18/06/2021	PindiExpress		-87.50
	25/06/2021	PindiExpress		-87.50
	02/07/2021	PindiExpress		-87.50
	09/07/2021	PindiExpress		-87.50
	16/07/2021	PindiExpress		-87.50
	23/07/2021	PindiExpress		-87.50
	30/07/2021	PindiExpress		-87.50





# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	Jan	2021		31	December	2021

## Section A Reference and administration details

Charity name

Food Parcels

Other names charity is known by

Registered charity number (if any)

1166371

Charity's principal address

65 Chazey Road  
 Reading  
 Postcode RG4 7DU

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Muhammad Abid	Chairman		
2	Shah Nasar Alam	Secretary		
3	Khalid Khan	Treasurer		
4	Zubair Rafiq	Secretary	Dec 2021 onwards	
5				
6				
7				
8				
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15				
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17				
18				
19				
20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

--

**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Trust
Trustee selection methods (eg. appointed by, elected by)	Elected by members at AGM.

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

**Charity structure:**  
The structure consists of trustees which also acts as an operational committee.

- Trustees - responsible for the overall running of the charity and - for the day to day running of the charity.

**Policies:**  
The charity takes its responsibility towards helping provide a hot meal to anyone who unable to have access or afford a hot meal. To this regards it has adopted policies and procedures for the induction and training of trustees and volunteers. The following policies and procedures are reviewed annually:

- Data protection policy
- Health and safety policy
- Equal opportunity policy
- Complaints procedure

**Risks/Mitigation:**  
The charity takes its responsibility seriously, particularly safeguarding and health and safety. To this regard, all policies are reviewed annually and an officer is responsible for each of the above policies.

**Section C Objectives and activities**

**Summary of the objects of the charity set out in its governing document**

The prevention or relief of poverty or financial hardship in the United Kingdom by providing people with food which they could not otherwise afford through lack of means.

**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

The charity gives regard to the guidance issued by the Charity Commission on public benefits and these are socialised with all management committee of the charity.

The main **activities** of the charity are:

- 1 Food Parcels runs a weekly food distribution in Central Reading where hot meals are handed to a wide variety of people who are unable to afford a hot meal.
- 2 Food Parcels runs weekly deliveries of essential food items to vulnerable families.
- 3 During Ramadan, the Islamic month where Muslims worldwide fast from dawn to dusk, meals are distributed for 30 consecutive days.
- 4 Raising awareness and funds for the charity
- 5 Engaging with the homeless and seeking to advise and comfort

**Additional details of objectives and activities (Optional information)**

#### Contribution made by volunteers

Food Parcels invites member of the community to volunteer their time, networks and finances contribution to help people receive a basic human right.:

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

## Section D

## Achievements and performance

**Summary of the main achievements of the charity during the year**

The charity is centred around providing a reliable and sustainable supply of food to those in need.

Over 2000 meals have been provided this year as well as weekly groceries to over 150 families.

No week was missed.

We have a pool of 30 volunteers so that no weeks are missed

## Section E

## Financial review

**Brief statement of the charity's policy on reserves**

The charity does not have a reserves policy.

**Details of any funds materially in deficit**

N/A

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Funds are provided by donors from the local Reading community.

## Section F

## Other optional information

--

## Section G

## Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

<b>Signature(s)</b>	<i>Zubair Rafiq</i>	
<b>Full name(s)</b>	Zubair Rafiq	
<b>Position (eg Secretary, Chair, etc)</b>	Secretary	
<b>Date</b>	01/10/22	

**FOOD PARCELS**

England & Wales - Charity number 1166371

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# Accounts

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# Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	Jan	2020		31	Dec	2020

## Section A Reference and administration details

Charity name **Food Parcels**

Other names charity is known by

Registered charity number (if any) **1166371**

Charity's principal address **65 Chazey Road**

**Reading**

**Postcode**

**RG4 7DU**

### Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Dr Muhammad Abid	Chairman		
2	Shah Nasar Alam	Secretary		
3	Khalid Khan	Treasurer		
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20				

### Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

**Name of chief executive or names of senior staff members (Optional information)**

--

**Section B Structure, governance and management**

**Description of the charity's trusts**

Type of governing document  
(eg. trust deed, constitution)

Constitution

How the charity is constituted  
(eg. trust, association, company)

Trust

Trustee selection methods  
(eg. appointed by, elected by)

Elected by members at AGM.

**Additional governance issues (Optional information)**

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
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The charity takes its responsibility seriously, particularly safeguarding and health and safety. To this regard, all policies are reviewed annually and an officer is responsible for each of the above policies.

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**Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)**

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- 2 During Ramadan, the Islamic month where Muslims worldwide fast from dawn to dusk, meals are distributed for 30 consecutive days.
- 3 Raising awareness and funds for the charity
- 4 Engaging with the homeless and seeking to advise and comfort

**Additional details of objectives and activities (Optional information)**

#### Contribution made by volunteers

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You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

## Section D

## Achievements and performance

**Summary of the main achievements of the charity during the year**

The charity is centred around providing a reliable and sustainable supply of food to those in need.

Over 1500 meals have been provided this year as well as weekly groceries to over 150 families.

No week was missed.

We have a pool of 30 volunteers so that no weeks are missed.

## Section E Financial review

Brief statement of the charity's policy on reserves

The charity does not have a reserves policy.

Details of any funds materially in deficit

Not applicable

### Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Funds are provided by donors from the local Reading community.

## Section F Other optional information

## Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Mr Khalid Khan

Position (eg Secretary, Chair, etc)

Treasurer

Date

30/10/21



CHARITY COMMISSION  
FOR ENGLAND AND WALES

Food Parcels

1166371

## Receipts and payments accounts

CC16a

For the period  
from

01/01/2020

To

31/12/2020

### Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations	12,204	-	-	12,204	9,701
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>12,204</b>	<b>-</b>	<b>-</b>	<b>12,204</b>	<b>9,701</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>12,204</b>	<b>-</b>	<b>-</b>	<b>12,204</b>	<b>9,701</b>
<b>A3 Payments</b>					
Purchase of cooked meals	10,031	-	-	10,031	10,304
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>10,031</b>	<b>-</b>	<b>-</b>	<b>10,031</b>	<b>10,304</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>10,031</b>	<b>-</b>	<b>-</b>	<b>10,031</b>	<b>10,304</b>
<b>Net of receipts/(payments)</b>	<b>2,173</b>	<b>-</b>	<b>-</b>	<b>2,173</b>	<b>- 603</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>2,173</b>	<b>-</b>	<b>-</b>	<b>2,173</b>	<b>- 603</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank Account	1,820	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>2,173</b>	<b>-</b>	<b>1,820</b>

(agree balances with receipts and payments account(s))

OK                      OK                      Agreement Error

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	Food Supplier - Restaurant	2100	-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Khalid Khan	30/10/21