

## Supporting local food businesses

Many local independent businesses across the Tamar Valley are providing delivery services, or have a good stock of essentials, to help our community access food.

Here is the list of the businesses known to us, as of this morning. Please check with each business, as things are changing by the hour.

- Applejack Barn (at Tamar View Fruiterers), Carkeel, Saltash – pasta, potatoes, fruit & veg, eggs, milk. Free delivery on veg boxes (Tamar Fresh/Veg Box Fresh).
- Dupath Farm Shop, near Callington – home grown potatoes, fresh veg, eggs.
- Homeleigh Garden Centre, Launceston
- J&S Downing Butchers, Tavistock & Bere Alston
- Lifton Farm Shop (Strawberry Fields) – bread, veg, meat and takeaway meals
- Louis Tea Rooms, Kit Hill – milk, bread, eggs, meat
- Pepper Street Breads, via Bere Alston Post Office
- Stoke Climsland Post Office – free delivery within Stoke Climsland parish
- Tamar Valley Food Hubs – well-established online Farmer's Market bringing together the best of local & seasonal produce in one place
- Tre, Pol & Pen, Lezant – bread, milk, eggs, fruit & veg, deli & butchers counter

Please let us know if you've heard of others, so we can help spread the word and support our local businesses.

Look after yourselves and please continue to follow the Government's advice.