

# Exmouth Food Bank November 2023 News

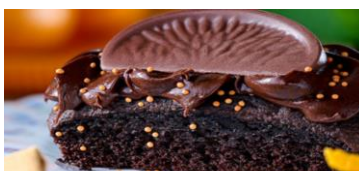
## Thank you to all our Harvest Festival donors

At the beginning of October our off site store cupboard was bare but now it is overflowing! We would like to say a **HUGE** thank you to everyone who has donated to the Food Bank this Harvest Festival including churches, schools, and businesses in Exmouth, Budleigh Salterton, East Budleigh, Otterton, Lymstone, Exton, Woodbury and Woodbury Salterton. Our heartfelt thanks go out to you all. YOU ARE AMAZING 😊.

We rely heavily on the generosity of the community to keep the Food Bank functioning and through your support we were able to distribute 279 parcels that provided food for 658 individuals during October. 56% of those we supported last month were large families who struggled to stretch their finances to provide the extra food needed during half term.



*Sample roast dinner*



*A chocolate orange mini loaf - which proved to be a winner!*

## Modifying the content of our food parcels

East Devon District Council and Adult Social Services are increasingly handling complex cases where support from the Food Bank is required at short notice. Some families and individuals are placed in emergency accommodation with access to limited cooking facilities i.e. a microwave or kettle. Others, often the elderly, are discharged from hospital and need a supply of easy meals they or their carers can prepare.

We are keen to help and in these instances are able to modify our food parcels to include a selection of nutritious ready meals that don't require freezing or refrigeration. Our volunteers have enjoyed tasting some of these – particularly the options that we are getting ready for the festive season!

## Christmas hampers

In December we will be giving out festive hampers in addition to the standard food parcels that individuals and families receive. This year we are expecting to give out over 300 hampers to support our clients as well as individuals and families identified by local churches, schools and organisations we work closely with.

Each hamper will consist of nine key items:

- a tin of ham
- biscuits for cheese
- savoury snacks
- fruit juice
- a Christmas cake
- mince pies
- a Christmas pudding/chocolate pudding
- a variety pack of sweet biscuits
- a box of chocolates/festive treats.

Any support you can provide would be much appreciated.

Donated items need to be with us by **Friday 8 December** so that we have time to pack and distribute the hampers.

For more information please email: [Info@exmouthfoodbank.org.uk](mailto:Info@exmouthfoodbank.org.uk) or telephone: 07787 758511.

When you are ready to donate your items do get in touch. We can then liaise with you about where and when to drop things off and can arrange to collect if that would be easier for you.

