

Exmouth Food Bank September 2023 News



Summer demand and back to school!

We know that the summer holidays place additional pressure on families and during August we saw an increase in the number of people turning to the Food Bank for support for the first time. One Friday afternoon we were humbled to see the queue outside the Salvation Army Hall and in under an hour distributed 25 parcels that provided food for over 60 people.

The start of a new term is particularly expensive. As well as providing families with food, we are pleased to be working in partnership with Exmouth Stationery and Copy Centre to provide pencil cases for those with children beginning secondary school this September.

Preparations for Harvest Festival

We are always really grateful for the support we receive during the Harvest Festival season. If you are planning to donate this year, please could you focus on the following priority items that are core to the parcels we provide and that we are currently short of:

- Tins of soup
- Tinned tomatoes
- Tinned baked beans and spaghetti
- Tinned meat meals such as stews, meatballs or curry
- Tinned cold meats such as ham or corned beef
- Tinned tuna
- Tinned fruit, rice pudding or custard
- Treats such as chocolates, crisps and sweets.

If you have a large donation or want to arrange a collection please contact us first either by telephone on 07787 758511 or by email at info@exmouthfoodbank.org.uk



Sue and Gill, volunteers at Exmouth Food Bank, accepting a kind donation from Exmouth A Cappella Choir.

Thank you to our supporters

As a Food Bank we could not function without the generous support of our surrounding community.

In addition to the physical items of food that are donated, we rely on financial donations which are used to purchase £4,000 worth of stock each month.

Thank you – you are **AMAZING!**



An example of what £300 can buy – cheese, spread, eggs, toothpaste and longlife bread!