

Shopping list for the Dunstable Foodbank

Please help feed local people in crisis by buying items from the list below and bringing them to the boxes in the local schools and churches. Thank you! Currently the Foodbank has LOADS of pasta, soup and beans but anything else from the list would be hugely appreciated; especially the items in capitals.

- TOMATOES (tinned)
- SPONGE PUDDING (tinned)
- INSTANT MASH POTATO
- Milk (UHT or powdered)
- Sugar (500g)
- Fruit juice (carton)
- Pasta sauces
- Cereals
- Rice pudding (tinned)
- Tea bags/instant coffee
- Rice
- Tinned meat/fish
- Tinned fruit/veg
- Jam
- Biscuits or snack bars

(soup/pasta/beans)

The Trussell Trust foodbanks provide a minimum of three days non-perishable emergency food to local people in crisis. All food given out is donated by the local community.

We work in partnership with frontline care professionals to identify people in need. They exchange a voucher for a food parcel. In 2013-14 foodbanks fed 913,138 people nationwide. Of those helped, 330,205 were children.

UK Foodbanks

Every day people in the UK go hungry for reasons ranging from redundancy, rising costs of food and fuel, high unemployment and changes to benefits. Trussell Trust foodbanks provide a minimum of three days emergency food and support to people experiencing crisis in the UK. The Trussell Trust partners with churches and communities to open new foodbanks nationwide. With over 420 foodbanks currently launched, our goal is for every town to have one.

How do foodbanks work and what's in a food box?

Foodbanks rely on the support of local communities. All food is donated by the public and sorted by volunteers. Frontline care professionals such as doctors and social workers identify people in crisis and issue a food voucher. Clients receive three days of nutritionally balanced, non-perishable food in exchange for their food voucher. Foodbanks also make time to chat and to signpost clients to other helpful services.

Why do people need emergency food?

Every day people across the UK will struggle to feed themselves and their families. Redundancy, illness, benefit delay, domestic violence, debt, family breakdown and paying for the additional costs of heating during winter are just some of the reasons why people go hungry. In desperate times, foodbanks help prevent crime, housing loss, family breakdown and mental health problems. A simple box of food makes a big difference.

What are we doing locally?

The Dunstable Foodbank launched in September 2012 and was set up by a steering committee and group of volunteers and with funds donated by the local churches (including ours.)

How can I help?

Donation boxes are in our local schools and churches, ready for the collection of your donations. We hope you will be able to contribute to this desperately needed cause by adding a few extra items from our shopping list (**see over**) onto your weekly shop whenever possible and bringing them to our boxes. Then they will be transferred to a storage centre and re-parcelled for distribution. We also need volunteers to help with the warehousing and distribution – for more information please ask **Nicola (872223)**. The Foodbank currently has loads of soup, pasta and beans but would like any donations!