

## Reaching out to the community in crisis situations

### Volunteering at King's Foodbank

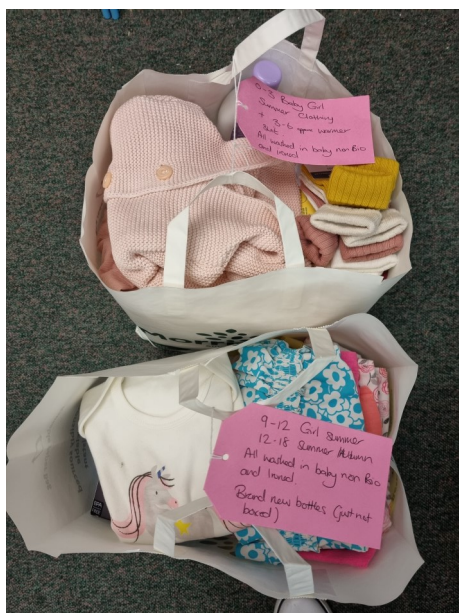


Hi, my name's Reuben and I've been helping at the Foodbank over the last few months. I am working towards my Gold DofE Award and using this activity towards completing my Service/Volunteering Section. My key job is to help sort the food donations given by many individuals and organisations. I go in every fortnight and sometimes there are so many bags of food that need sorting that it's hard to find a place to stand! If there are less donations on my day, I do more restocking instead. When sorting bags, I go through each item checking the date as if it is

out of date, we can't use it. I also add the date in black felt pen so that it can be found easily later. Stock is then used strictly in order so that no donations are wasted. Dated items are then placed on the correct shelf or into the correct dated bin. This can be difficult to keep track of at times as items are moved round the building so that they can be sent out straight away or stored for a few months until needed. Space is tight so Alastair and Linda are always juggling where things will go. I became aware of the work of the Foodbank when my family were affected by the floods in Cumbria in 2015. It has been amazing to have this opportunity to be a part of the King's Foodbank and its work in our community.



We are pleased to be able to support Reuben whilst he is working towards his Gold DofE award. He works hard and happily completes all the tasks asked of him. It is a pleasure having him part of our team.



We have been able to help two new Mums with items for their new babies, one of the families was also in need of clothes for a toddler. Having contact with a **Baby Basics** project currently being set up we were in a position to support these two families who were also needing the help from the food bank with food. Our thanks to this new project for supplying the baby items.

2021	NUMBER OF REFERRALS RECEIVED	ADULTS PROVIDED FOR	CHILDREN PROVIDED FOR	MEALS SUPPLIED
YEAR TO END OF JULY	761	874	644	25,995

Since the food bank opened in February 2012 we have been able to provide **over 200,000 meals** into the local community to support people in difficult situations. This has been made possible with the generosity of many people. Thank you.

### KITCHEN PACKS!

So far this year we have been able to purchase 18 kitchen set up packs to support someone moving from a local hostel into other accommodation. If requested food can be included. Cleaning materials are also added.

A recent 'thank you' received reads:

*"You recently sent a 'welcome pack' of food and household goods to help [name] settle into his new flat. I was there with him when it arrived and I'd just like to say what a fantastic job you all did, both on the food front but also the household essentials side."*

### ANOTHER 'THANK YOU' RECEIVED:

*"Thank you so much for the food bank delivered. It's fantastic and I'm very grateful for that and wanted to let you know."*

**We have huge stocks of pasta, baked beans, soup and breakfast cereal and are fast running out of storage space for these.**

If you wish to donate food to the food bank items we are currently in need of are tins of **meat in sauce, hot dogs, larger tins of vegetables, instant mash and tins of rice pudding**. We would be pleased to receive any items on this list. Thank you.



Fresh eggs were a very welcome addition to the food going out recently, thanks to a very generous donation.

In addition to the many individuals who support the food bank financially to whom we are very grateful, we would also like to thank the Bryan Lancaster Trust, Calvary Church South Lakes, Booths, Kendal, Impact Housing and "Plants on the Green, Levens" for their financial donations and continuing support.



Since December the 'Fresh Pound Project' has been successful in providing vouchers as described in an earlier Newsletter for families to buy fresh fruit and Vegetables for children aged 4-18 years. Our clients have benefitted by using the vouchers to buy approximately £500 of fruit and vegetables.

## Can you spot the missing chocolates?



This was a recent donation received, someone didn't like them, but we can't use them either!

Opened and part used items are often received by the food bank, however we cannot give these out to our clients and they have to be disposed of.

**"I was hungry and you gave me food,  
I was thirsty and you gave me a drink,  
I was a stranger and you welcomed me"**

Matthew 25 v. 35