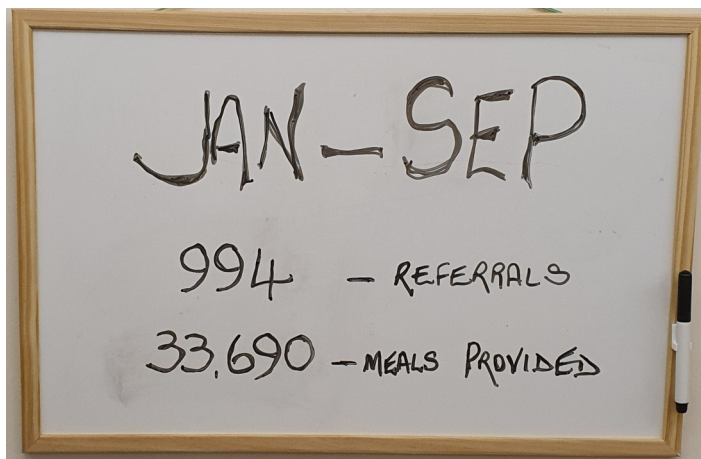


Reaching out to the community in crisis situations



It's a busy time at the food bank, food coming in and food going out to the many people in the local community in very difficult situations. As can be seen from the above figures 33,690 meals have been provided between January and September this year. This represents supplying sufficient food for breakfast, lunch and evening meal daily for a minimum of 5 days.

We are so very grateful to everyone who supports the food bank. At this time of year donations are especially high as churches and schools celebrate Harvest Thanksgiving. Having said this there are several items where we need help as stocks of microwave rice, UHT semi-skimmed milk, sponge puddings, large tins of vegetables, spaghetti in tomato sauce and fruit squash are low. If you are able to help with these items it would be much appreciated. We have large stocks of pasta, baked beans, soup, tea and breakfast cereals and storage for these items is almost at its limit.

If you ever wonder how relevant your donations are, here is confirmation that with your help the food bank provides a vital community service:

“Hello, my name is (name withheld) and I was a resident at Town View Fields Hostel in Kendal. I just wanted to thank you so much for the wonderful kitchen starter pack and food bank you provided on my leaving the hostel today to start my new life.

I really, really appreciate everything you gave me and you’ve made my flat look so homely. I needed everything you gifted me with starting my new life again in my new home. Thank you so kindly.”

“Yesterday I received a wonderful package of donations from you in advance of my moving to my new home. I would like to thank you for this lovely surprise which will be a real help as I take my first steps towards a new life.

Sincere thanks to all.”

“Just a huge thank you for delivering the food to me. Your help is very much appreciated.”

KITCHEN PACKS!

So far this year we have been able to purchase 23 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. This is a great start for someone with limited income and a relief to know meals can be made.



Our hearts are touched many times, especially at times of great sadness for a family when they lose a loved one and we receive a financial donation in memory of someone very special to them.

At such an emotional time we are grateful.
Thank you.

Kirsty and Elaine from Morrisons paid us a visit. Look out for the green pick-up packs in store. These are prepared by Kirsty with items selected from our most needed list which is kept up to date on our Facebook page. Thanks to Kirsty and Morrisons customers who donate to the food bank.



PLANTS ON THE GREEN

Plants on the Green have been supporting the food bank since 2020, this is what they say:

'Plants on The Green' was set up in 2020 as a means of raising money for Kendal and Milnthorpe food banks. The initiative involves people kindly donating plants, pots and surplus produce which are then offered for sale via 'honesty box' donation. This small initiative has raised a fantastic £1647 in 2021 so far (£1016 in 2020), but it's benefits have been even greater than just raising money in support of the local Food banks ...

The plants and produce are placed 'on the wall', close to the Levens village shop, and have become a central point for people to meet for a chat – some older people saying this is one of the few times they will speak to someone in the day. 'Plants on The Green' has given us all an opportunity to meet new people (residents and visitors), providing a shared interest to spark a conversation, giving us a chance to get to know each and to share ideas – it's really helped to bring the community together after a tough couple of years.

Liz Hearnden

Thanks to the friends organizing the Singalong. All proceeds for the food bank. Come along and enjoy singing along to popular songs.

THE ABOVE AVERAGE BAND Sing a Long Songs

£5 cash each
All Proceeds to
The Kendal Food Bank



Sat. 9th Oct
Shakespeare Theatre
Kendal
7pm for 7.30 start

Bring Drinks and Cash to buy Cakes etc.

ASDA GREEN TOKENS

Thanks to everyone who voted for the food bank online.

We received a cheque from Asda for £200.

Since December the 'Fresh Pound Project' has been successful in providing vouchers for families to buy fresh fruit and vegetables for children. Our clients have benefitted by using the vouchers to buy approximately £926 of fruit and vegetables.



**“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