

Reaching out to the community in crisis situations

2023

1,913 referrals received

**Referrals increased by
10% on previous year**

**62,835 meals
provided into the
local community**

2024

January—March

569 referrals received

**A 10% increase in
referrals on the first
3 months of 2023**

**16,755 meals
provided to people
unable to buy food
for themselves**

2023 was a hugely busy year for the food bank, quite the busiest time we have had without a doubt. Year upon year we are experiencing an increase in referrals and in the first three months of 2024 this hasn't changed. Our numbers are only statistics but each number represents people who without the help of the food bank would go hungry! Many times people, including ourselves, ask how so many people would manage without this support.

FRESH POUND PROJECT

After a break in this project due to a local fruit/vegetable shop closing this is starting up again in a different format to ensure children receive fresh fruit. The food bank is partnering with Manna House to enable this support to continue

SMALLER IS BETTER!

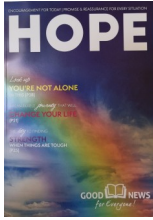
It is often economical to buy extra large bags, boxes, tins and bottles of items so larger is better when we buy for ourselves! However in the food bank this is not always the case for us. We do not open and share out large bags of teabags or pasta for example so for us **Smaller is Better** otherwise it means we have to store large items until an appropriate large family needs our support.

FEMININE HYGIENE & TENA PRODUCTS - *Ask for Linda!*

We have good stocks of feminine hygiene and Tena products which can be expensive to buy. If you are in need of these items call into the food bank and **Ask for Linda** no referral needed for these needs.

**“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



Our thanks to 'Good News for Everyone!' for donating the HOPE magazines given out to our clients.

The food bank is able to claim Gift Aid on financial donations which increases the amount we receive. If you donate financially and this is something you are able to consider please email kingsfoodbank@gmail.com and a Gift Aid Declaration can be sent for completion.

Have you heard of *BanktheFood*?

BanktheFood are on a mission to ensure food banks always have exactly what they need and not just baked beans.

The free app is easy to download and simple to use. To get started with *BanktheFood* download the app. *BanktheFood* will send you a helpful 'ping' when you are at your local supermarket with your local food bank needs. They are a new charity and are working hard to get all food banks across the country on their app. (text taken from *BanktheFood* website)

Sausages, ham, ready meals, butter, and cheese have been placed in our donation points over the last few weeks. Please do not donate these fresh items. We collect donations once or twice weekly so these items are wasted as we cannot use them. We are extremely grateful for donations to support our work but please not fresh items such as these.

The food bank receives huge support from the local Community which is greatly appreciated. Other recent donations include from **Year 2 at Stramongate School** who held a cake stall & collected on Red Nose day. **Westmorland and Furness Council** have recently made a financial donation. We have received Easter eggs from **VINCI Construction** who are working at the hospital and **Volker Stevin** who are working on the flood risk scheme.



Our thanks for the donation spaces we have in the various places. The supermarkets are **Asda**, **Booths** and **Morrisons**. Other donations points can be found in the **Reception in the Town Hall**, **Kendal Library**, **County Offices**, **Nat West Bank** and **Wilf's Café in Staveley**. **Londis Store in Arnside** also collect for the food bank. A number of local churches also collect regularly.

Items we are currently in need of are:

- Meat in sauce
- Small tins of meat
- Pasta Sauce (jars and small pots)
- Spaghetti in Sauce
- Macaroni Cheese
- Tuna
- Rice Pudding
- Tins of custard

Keep up to date on our Facebook page.