

### Reaching out to the community in crisis situations

#### *Food Banks Today!*

*As the world gets darker & more and more pressure is put on people to try & make ends meet, we are noticing that the food donations are declining, resulting in us needing to buy more provisions, with the finances that a number of faithful people give each month, enabling us to support the people coming to us in crisis situations. By the grace of God, we always have enough on the shelves in the packing area to provide each day. As time goes on, we expect to see more people needing the Food Bank & we will continue to do everything we can to support them.*

*It isn't all doom & gloom though because the Food Bank not only provides food but also hope that people have somewhere to go in their time of need. Reading the testimony from one of our clients on page 3, you will see what a HUGE difference the Food Bank makes and we love that you are part of it, whether you contribute by prayer, food or money, we can't do it without you.*

*Please remember us in your prayers, that we will continue to have sufficient to give to each person who comes to us for help. If you are able to put an extra tin of beans into one of our donation trolleys—thank you. If you already donate financially but pay tax & are willing to gift aid with us, please get in touch—it doesn't cost you anything extra but we get 25p in the £1 back from the Government (at the moment!) Every person we help, every thank you we get, every person who leaves the food bank with a bag of food, is down to your kindness & generosity. That's TEAM! Thank you.*

#### STATS TO DATE:

**Referrals:**  
667

**Meals Provided:**  
19,545

**Starter Kitchens:**  
20

**Kettle Packs:**  
57

#### URGENT NEEDS

- Strong Carrier Bags
- Dried Pasta
- Cereal
- Small jars of coffee
- Meat in Sauce
- Corned Beef

## Duke of Edinburgh



It is always great to welcome DoE students to volunteer in the Food Bank. It gives us the opportunity to have 'extra helping hands' but also to encourage them to help others who are facing all sorts of crises, that they wouldn't come across in their day to day lives. We have as student with us as the moment & this has been her experience so far.

My name is Abigail and I have been volunteering at the food bank for my Gold Duke Of Edinburgh. Since late October, I have been sorting and dating foods, making Christmas bags, stacking shampoo bottles and even hoovering the Food Bank van out. Along the way I have found unique items I didn't think the food bank had. My personal favourites were bath salts, hair dyes and compression leggings. I have been shocked at how much the food bank gives to those in need and how each item is something I would be quite chuffed with if I found in the fridge or cupboard at my own home. For example, sticky toffee pudding, a range of sweets which I find impressive and quality instant noodles (well I think they are). I look forward to see what other skills I can pick up from seeing how the food bank is run and whether I can truly master the spreadsheet of food costing!

It is a joy having Abigail with us.

## Fundraising

King's Food Bank Fundraising Dinner  
Tuesday 19th May

Thank you to everyone who has bought tickets for the fundraising dinner & I'm really sorry if you were unable to this time. The tickets literally flew out. Hopefully, we can do another one & invite more people soon. We want to say a huge THANK YOU to the college for hosting us, and thank you to all the companies & individual's who have provided prizes for the Auction of Promises.

Thank you, too, Hannah for putting this together, we appreciate it.

## Thank you King's Food Bank

I just wanted to express how genuinely grateful myself and my family are for the help we received from Kings food bank. Food banks are something I've heard of but never fully understood what they do, as we had never been in the situation before where we needed to use one, until when we ended up in a position where we literally had no money left to buy food after my husband unexpectedly had to change jobs. He found a new job really quick but the problem was he had to work a month in hand. As we were on universal credit we contacted them first asking for help but unfortunately due to our income being over a certain threshold as we both work we earn a good amount but not quite good enough so we get universal credit as well but this meant we didn't qualify for any help even though we explained the situation they point blank said no. Panicking I asked family but they were unable to help at such short notice so I contacted the council to see if they could help us and to our relief they said they couldn't offer money but they could offer a food voucher, I was so relieved as my wages had covered rent & bills so it wasn't money we needed it was food that my husbands wage would normally cover so food vouchers were perfect. They gave me King's food bank details and we arranged a collection.

We were blown away when we got home and opened the bags, the amount of meals and toiletries even down to a box of chocolates had all been perfectly thought out. I'm still amazed at the existence of powdered milk that we received it is brilliant especially when your in the situation of trying to make supplies last as long as possible. We needed two collections to get through until payday and I will forever be grateful for the support we received as without their help I honestly don't know what we would of done.



I hadn't noticed the donation trolleys at the supermarket before but on our first shop once my husband got paid I noticed it straight away so now we always donate as it literally saved us x

## Thank You

We are always so grateful for people's thoughtfulness towards those in crisis.

We say thank you to Stramongate School for their food donations collected in the foyer. Thank you to Londis in Arnside for your boxes of food donations, to Crosscrake Church for your food donations, Sandylands Methodist Church are regularly supporting us, Natwest Bank, the Library, Westmorland & Furness Council offices & Town Hall, Lakeland Maze Egg Shop, Lound Road Garage are really helpful in collecting food donations. We say a huge THANK YOU!

We really appreciate Morrison's green Pick up Packs, containing items we most need & making it easy to 'Pick up, pay for & pop on the trolley, Asda's Food Drive in May, & to Booths for their filling trolley week after week. VolkerStevin who provided an abundance of Easter Eggs, thank you for thinking of us again. And to the very generous people who we don't even know, who pop a donation into our bank account, just because.

We don't take anyone's generosity for granted, we make sure that your kind donation goes to the person who needs it most. We need you as much as they need us.

Thank you.

## Donation Points

We have a number of donation points throughout Kendal.

- Asda, Morrisons & Booths
- Lound Road Garage
- Kendal Town Hall
- Nat West Bank
- Kendal Library
- Lakeland Maze Egg Shop



A gentle reminder that we are unable to give alcoholic drinks, chocolates or preserves with alcohol in to our clients.

## Shopping List

**Pesto**  
**Tinned Fish**  
**Meat in Sauce**  
**Small jars of Coffee**  
**Corned Beef**  
**Micro Wave Rice**  
**Instant Pasta**  
**Pasta Sauce**  
**Tinned Veg**  
**Instant Noodles**  
**Cup a Soup**  
**Dried Pasta**

## URGENT REQUEST

We make our deliveries in bags for life and like to recycle bags wherever possible. Do you have any clean bags for life which are not needed? The bags don't have to be new just clean and in good condition. They can be left in any of our donation points.

**"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