



Dear Friends of the Exmouth Food Bank,

What a month February was with 247 parcels of food sent out and 452 mouths fed. Thank you for your continued support as we seek to provide for our neighbours. As we move closer to Easter, we take a moment to give thanks for all that we are blessed with. For many of us this is a time for Easter eggs and chocolate and we will hope to include these in our food parcels.

The food bank team has been focusing on spreading the word and raising awareness, by giving talks to organisations, charities, schools and churches, as well as writing articles for the Exmouth Journal. This has seen an increase in new families reaching out to us for help and more agencies referring people to us.

We really value your continued generosity, but our food levels are dropping due to the increased demand. Therefore If you are able to donate this month we would be very grateful. We are in need of bottled squash, tinned and packet potato, baked beans, tinned soup, tinned vegetables, jars of pasta or curry sauce, tinned rice pudding and tinned or packet custard. We also desperately need bags for life please.

We continue to work collaboratively with others and have been able to provide Open Door with some supplies for the Baby Bank that they run. Also helping Littleham Community Fridge to purchase a second hand fridge freezer. We also work alongside Seachange at Budleigh supplying ingredients each week for a cooking programme for Afghan Refugees, which is proving very popular.

As we are now in Lent, this may be a time when you think about your life and how you might want to give your time, food or money in some way to help others. I include a link at the bottom of this newsletter to our Just Giving page which is a quick and easy way to donate to the Food Bank.

The Food Bank team wishes you all a very Happy Easter and I cannot finish without thinking of our brothers and sisters in Ukraine. I know you too will want to send your thoughts and prayers and stand in solidarity with them, to ask for peace and reconciliation.

<https://www.justgiving.com/fundraising/exmouthfoodbank>

God bless

Elizabeth Reed

Exmouth FoodBank Mid March 2022
www.exmouthfoodbank.org