



Dear Friends of the Exmouth Food Bank,

A huge thank you for all of your donations, which included many Easter eggs, these have brought many smiles to people's faces. We hope that you too enjoyed your Easter day.

During April we gave out 252 parcels which fed 586 people. Unfortunately we are seeing the numbers increase each month, with demand increasing by 19% from March to April. However we are not surprised at this, with all of us experiencing financial pressure with increased utility bills. This will not have helped many people/families going forward and we are here for just these times, to help carry the burden, to help our neighbours.

We want to ensure that those who need us know where to come and therefore it is good to raise awareness within our communities. Just recently we were featured on the front page of the Exmouth Journal and this newsletter goes out to Churches in Exmouth and the surrounding areas as well as to our wonderful supporters.

Going forward we are now able to provide cheese and spread in our food parcels as we have now purchased a fridge. This is a very welcome addition to our standard parcels along with bread, eggs, fresh fruit and vegetables, long-life milk and tinned foods.

If you are able to donate this month we are in urgent need of: teabags, tinned tomatoes and tinned fruit. In addition we would really appreciate donations of: baked beans, tinned soups, rice pudding & custard, tinned vegetables, pasta sauces and breakfast cereals. Also we are always in need of bags for life, enabling people to carry their food home.

We are always grateful to everyone who supports us in many ways, with their time, raising awareness, monetary donations, food donations and prayers. We would like to express special thanks this month to the Strand Pub, for their ongoing support to us, which to date is an astonishing 10,000 food items donated from their staff and customers.....Thank you!

If you feel that you would like to know more about our work or are able to donate to help the people and families experiencing food poverty then please take a look at our website, or/and visit our just giving page.

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

God bless

Elizabeth Reed

Exmouth FoodBank Mid May 2022

www.exmouthfoodbank.org