

Exmouth Food Bank Winter 2025 News

Current demand

During the summer months demand for the Food Bank fell for the first time in two years. We were delighted and saw this as a significant turning point for those who had been severely impacted by the cost of living crisis.

However, this respite has been short lived & use of our services has increased by 30% in September & October when compared to the same period last year. In the past two months we have provided food for over 1,120 people. This has put a strain on our financial reserves as demand is outstripping the donated food items we receive and we have had to purchase food to make up with the shortfall. Historically we also know that, as winter sets in, these numbers will continue to rise as those on low incomes struggle to buy provisions and pay their bills. Your support is vital to enable us to continue feeding those in need in our community – so THANK YOU, we really do appreciate all that you do.



Pupils from Withycombe Raleigh Primary School learning how to sort & date tins of food

Engaging with young people

As a team we are conscious of the need to spread information about food poverty and to break down the stigma associated with seeking help. We regularly hold active sessions with children who visit the Food Bank, roll up their sleeves and get stuck in with sorting and packing food parcels.

Recently we have been visited by a series of schools including Woodbury Primary School, Beacon Primary School, Withycombe Raleigh Primary School & the Deaf Academy. We have also had our annual visit from the local Beavers who brought the Exmouth & Exeter East MP David Reed along with them to provide an extra pair of hands!

Preparations for Christmas

If you are thinking of donating to the Food Bank this Christmas we would really appreciate **core food items** that are needed for our year round parcels. This will help us meet the surge in demand over the festive period and ensure that we have a reserve going into 2026. If you would like a poster of the items we are seeking please email info@exmouthfoodbank.org.uk.

We will be launching our Christmas Campaign on Thursday 26 November at the Salterton Road, Tesco Store in Exmouth. Do come along in the afternoon & have a chat with some of our volunteers.

Donated items need to be with us by **Friday 12 December** ahead of our last push before Christmas. Items can be dropped off at the Salvation Army Hall, Sheppards Row EX8 1PW on a Tuesday and Friday between 9.00 am and 3.00pm. Alternatively if you would like to arrange a collection please give us a call on: 07787 758511



Christmas 2025 Collection

This Christmas we would appreciate donations of staple foods that will enable us to support those in need during the festive period and beyond. Items with a long shelf life are really helpful.

In particular we would welcome:

- Tins of soup
- Tins of tomatoes
- Tins of baked beans and spaghetti
- Meat meals (e.g. tinned stews, curry, meatballs)
- Tinned cold meats (e.g. corned beef, ham)
- Tins of tuna
- Packets of spaghetti and rice
- Tinned fruits
- Tins of custard and rice pudding.

Thank you for your help – we couldn't do this without you!



Food Bank opening times during the festive period

- The Food Bank will be open as usual on Tuesday 23 December.
- **We will be closed on Friday 26 December (Boxing Day)**
- Normal services will resume on Tuesday 30 December and Friday 2 January