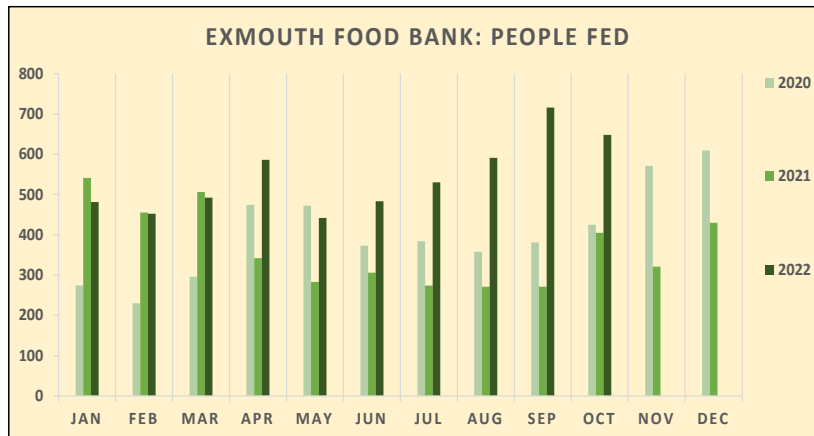


Exmouth Food Bank November 2022 News

Graph showing the total people fed each month since 2020



This month

In October we distributed 251 parcels that fed 648 people. This was slightly lower than September, although the demand for help from families remains consistently high.

This month saw a greater number of people coming into the Food Bank to collect their parcels (rather than having them delivered). On Friday afternoons those that visit us can now receive face to face help from a Citizens Advice Adviser which has proved to be a valuable service.

Visits from schools and clubs

We have been busy responding to requests from local clubs and schools to visit the Food Bank and learn more about what we do. We were visited this month by Exmouth Beavers and by pupils from Woodbury and Withycombe primary schools. We were impressed by the knowledge and enthusiasm of the youngsters and quickly put them to work sorting donations and packing parcels!



Christmas preparations



In December we will be giving out festive hampers in addition to the standard food parcels. Each hamper will consist of nine key items: a tin of ham, biscuits for cheese, fruit juice, savoury snacks, a Christmas cake, mince pies, a Christmas pudding, a variety pack of sweet biscuits and a box of chocolates.

If you'd like a poster of the items we are hoping people will donate please email: info@exmouthfoodbank.org.uk

The deadline for donations to go into festive hampers is **Friday 2 December**.

Parcels will be collated during the week beginning Monday 5 December and will be distributed the week beginning Monday 12 December.

We will provide parcels for our clients and for some of the agencies we work closely with namely Open Door, Home Start and local churches.

Emergency support in the community

We now have emergency out of hours food parcels located in 12 churches and 4 schools in and around Exmouth as well as in local agencies including Open Door, Citizens Advice, Littleham Community Fridge, Seachange and the Wesley Café in Budleigh.

Each parcel contains a supply of non-perishable foods that will 'tide a person over' until the Food Bank is next open, as shown in the picture opposite.

