

Exmouth Food Bank September 2022 News



This month

In August we saw another significant rise in the number of people reaching out for help. Demand increased by 12% when compared to July.

Whilst support for families has remained constant over the summer, we have seen a spike in the number of single people turning to us for the first time. Thankfully we are in a strong position to help due to our amazing volunteers and donors.

Harvest Festival

We are always incredibly well supported during the Harvest Festival season with many kind donations from schools, churches, local businesses, organisations, and individuals.

If you are planning to donate this year, please could you focus on the following items that are core to the parcels we provide and that we are currently short of:



- Tins of soup
- Tinned tomatoes
- Tinned baked beans and spaghetti
- Tinned meat meals such as stews, meatballs or curry
- Tinned cold meat such as ham, chicken or corned beef
- Tinned tuna
- Tinned fruit
- Tinned rice pudding or custard
- Bottles of squash
- Treats such as chocolate, crisps and sweets.

The Food Bank welcomes delivery of any donations during our normal sessions at the Salvation Army Hall on Tuesdays and Fridays between 9am and 3pm.

We can also receive or collect large Harvest Festival donations on Sunday afternoons between 1pm and 3pm on 18th September and 2nd October. If you need to arrange a large collection or delivery on one of these dates, please telephone 07787 758511 or email info@exmouthfoodbank.org.uk.

10 years young

By November 2022, we will have been supplying food to those in need in Exmouth and surrounding areas for an incredible 10 years.

We've looked back over our numbers and since we started (originally as the 'Exmouth Community Larder') we have supplied approximately 14,000 food parcels. This is an amazing feat and so we plan to recognise the date later this year.

Much has changed in the world over the last 10 years but unfortunately the need for food help has increased. In May 2014 we were supplying 25 parcels to feed 50 people per month. In August this year we gave out 277 parcels to feed 591 people 😞

