

# Newsletter

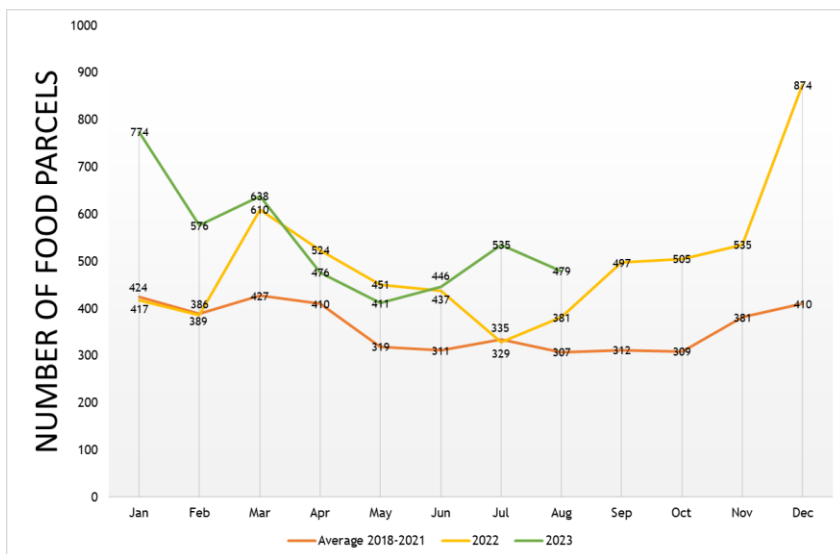


October 2023

## Cost of living crisis still taking effect

One in seven people face hunger across the UK simply because they don't have enough money.

In the last financial year, food banks in the Trussell Trust network have seen the highest ever level of need, distributing close to **3 million** emergency food parcels – including more than a million to children. This is the most parcels the network has ever distributed in a single year.



King's Lynn Foodbank fed 5946 in 2022, as of end of August, we have fed 4340 this year (2023). The need for help with energy payments has also increased, last year between January and September there were 177 energy vouchers issued. So far this year there has been a staggering 524 issued, and we anticipate this winter will have even more shocking figures.

*“ I volunteer to give back to the community, to meet new people and give structure to my week. ”*

## Upcoming Dates

- Harvest Festival season - October
- Tesco Hardwick Food drives:
  - 5<sup>th</sup> & 6<sup>th</sup> October
  - 30<sup>th</sup> November & 1<sup>st</sup> December
- Christmas Advent Calendars to be donated by 1<sup>st</sup> November
- Festive Food Items to be donated by 1<sup>st</sup> November
- Last day Foodbank will be open before Christmas is Friday 22<sup>nd</sup>

## Meet a Volunteer

**Name:** Greg Shepherd

**Role:** Collections Volunteer

**Time with Foodbank:**  
Joined mid - 2022

**Memorable/ Key Moment:**  
Peoples' outstanding generosity

**Weird Food Experience:**  
Cuttlefish - yuk!



If you're able to commit some time to make a difference for our local community, we are welcoming new volunteers to help in the upcoming busy winter months, to express your interest and request further details please email [info@kingslynn.foodbank.org.uk](mailto:info@kingslynn.foodbank.org.uk)

# HARVEST DONATIONS

## Please give generously:

If you are doing a harvest festival with church or school this year please give generously as our winter months depend on your donations.

## Item considerations:

- All items need to be in date
- Portion size - please donate normal size items, rather than super-sized packs
- Try to stick to food and toiletries on our shopping lists, this will cover all the essentials we need
- No alcohol (even within foods)

## Most needed items:

SOUP

LONG LIFE MILK

TINNED MEAT

COOKING SAUCES

TOILETRIES

SIZE 5 NAPPIES

# Focus on Festive Food

## Christmas

During December 2022 King's Lynn Foodbank fed 874 people, compared to 458 fed the previous year.



## Donations

We start to give out advent calendars during the second week of November, along with the other festive items. This is why we ask for the donations to be in for the 1<sup>st</sup> November so that they can be sorted in our warehouse then distributed via the parcels.

Festive item donation examples include:

- Gravy
- Cranberry Sauce
- Christmas Pudding
- Stuffing
- Trifle Kits
- Chocolate Selection Boxes
- Mince Pies

## Meet the Team



**Name:** Jemma

**Role:** Warehouse Manager

**Time with Foodbank:**  
Joined as a Volunteer in 2018, became current staff role in October 2019

**Memorable/ Key Moment:**  
Receiving strange food donations such as caviar, cockle water, crocodile pate, 20 year old pasta, over 20 year old food sachet. Although bizarre to find, its even more strange to add to a food parcel, and we can't give out of date food!

**Weird Food Experience:**  
Eating cold kidney beans from the tin, it's a favourite!



We want to see a future where food banks aren't needed  
and we know that together, we can make that happen.

### King's Lynn Foodbank

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Registered in England & Wales

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