

## Herford Food Bank

Janet Bird

The Foodbank opened for business on Monday 8<sup>th</sup> April, after weeks of frantic planning and head scratching. During the first week a number of food parcels were given out to families and individuals in need and in total 17 people were helped. There has been a steady demand again during the second week and (coincidentally) a further 17 people were helped.

On Monday 15<sup>th</sup> April we had the official launch and were pleased to welcome a number of local councillors including the Mayor of Herford Jane Sartin and Mrs Jeanette Taylor, the Chairman of East Herts Council; local clergy and representatives of various local referring agencies including East Herts Citizens Advice Service, DWP, Herford Selections, the Samaritans and Riversmead Housing Association.

The Foodbank is based at the United Reformed Church and is open every weekday from 4pm until 5pm. Food parcels are only issued to people who have obtained a voucher from one of the local referring agencies and are designed to help people cope with feeding themselves during a time of unexpected need. Each parcel is designed to provide enough food for 4 days during which time, hopefully the immediate financial problems can be solved. If there is a delay in solving the problem a further 2 vouchers can be issued if needed.

Most people who need to access Foodbanks do so because there is some delay in receiving benefits when their circumstances change. When people arrive their details are registered and whilst their parcel is prepared they are offered refreshments and the chance to talk over their problems. Where appropriate they can be encouraged to apply for further support at the relevant agencies.

So far we have been very grateful for the level of support and food received from local people and churches and are hoping that we will be holding collection days at

Sainsbury's, Waitrose and Tesco very soon when shoppers will be given copies of the Foodbank shopping list as they enter the shop in the hope that they will buy an extra item or two to donate as they leave the shop.

Copies of the Foodbank shopping list are available at the back of the church where you will also find a box in which to place donations. If everybody can donate just one or two items on a regular basis we should be able to keep up with the anticipated demand. We ask that all food donated is well within its sell by date and that packaging is undamaged.

If you would like to know more or would like to help in any way please speak to me or telephone Fran Spence on 01992 585586.

### HERTFORD FOODBANK

#### Shopping List

- ✓ *Coffee- instant*
- ✓ *Tea bags*
- ✓ *Hot chocolate*
- ✓ *Sugar*
- ✓ *Bottled squash*
- ✓ *Long life fruit juices*
- ✓ *Long life milk*
- ✓ *Cereal box*
- ✓ *Tinned meat*
- ✓ *Tinned fish*
- ✓ *Tinned tomatoes*
- ✓ *Baked Beans*
- ✓ *Tinned vegetables*
- ✓ *Sponge pudding*
- ✓ *Rice pudding tinned*
- ✓ *Tinned fruit*
- ✓ *Pasta (of any kind)*
- ✓ *Rice*
- ✓ *Pasta sauces*
- ✓ *Instant mash potato*