

# Exmouth Food Bank August 2021 Newsletter

## Opening up

As previously advised, from 7th September we will be welcoming our clients back into the Salvation Army Hall and are therefore looking to expand our volunteer team.

Our new opening days are Tuesdays and Fridays and our opening hours are:

- 1.30pm to 3.00pm for clients
- 10.00am to 12.30pm for morning volunteer sessions (preparing food parcels, stock handling and dating)
- 1.00pm to 3.30pm afternoon volunteer sessions (supporting clients face to face, stock handling and dating).

The Hall renovations are now largely completed and we are all delighted with the end result.

## Can you help?

Would you be able to spare some time to help us on a regular basis? Volunteering at the Food Bank is a great opportunity to meet other like-minded people, to be part of a friendly team and to donate some of your spare time to helping those in need in our community.

We have a fantastic team of volunteers at the Food Bank but we now urgently need an additional volunteer to join the Tuesday morning session and two extra volunteers to assist with client facing activities on a Tuesday afternoon.

If you believe that you have the skills, enthusiasm and time to join our volunteer team, please can you contact Shirley at: [shirley7mhv@hotmail.com](mailto:shirley7mhv@hotmail.com) or phone her on: 07813 010472 to discuss how you might be able to help.

## Woodbury Allotments

Many thanks to the amazing, green-fingered gardeners from Woodbury allotments who have been donating their excess produce to the Food Bank to distribute to our clients.



## August totals

During August we delivered 154 parcels which fed 271 people.

On average we fed approx. 68 individuals per week during the month. Totalled up, the weight of all the food we supplied during the month is roughly the same as the weight as a Arab racing horse!

## Harvest Festival

If you are thinking of donating to us in the coming weeks, which includes the upcoming Harvest Festival period, we are lucky enough to be well-stocked on many items currently, but would welcome supplies of the following:

Longlife milk, long life fruit juice, bottled fruit squash, jars of pasta sauce, tinned vegetables and tomatoes, tinned rice pudding, tinned fruit, packet custard mix, packet instant potato mash, noodles, savoury rice, packet pasta in sauce. We are also short of cleaning products as some clients are in need of these items.

Thank you for your continuing support and generosity – we couldn't do it without you!