

Exmouth Food Bank February 2022 News



This month

With Half Term approaching this month, we will be preparing to add some little extra treats to the food supplies for families with school age children.

We hope that these treats will be a welcome addition and will be enjoyed by the families.

Current volumes

We have seen an increase in the number of clients coming to the Food Bank for help and support. In January we provided 215 parcels which fed 481 people. This is an increase since last month as we are starting to see the impact of increased fuel bills, cost of living increases and generally people finding it hard to make ends meet.

We are here to help anyone finding themselves in a difficult situation and can signpost them to agencies that can help too.



Current donation needs

We are so grateful to be supported by our many kind and generous donors. Our stock levels have dropped since the start of the New Year due to the volume of the additional clients we are helping.

If you are planning to donate this month, we really need; Bottled squash, tinned and packet potatoes, tinned fruit, tinned beans and soup, tinned vegetables, tinned rice pudding, tinned and packet custard, jars of pasta sauce.

Thank You

Working with other agencies

A key lesson that we have learnt from the pandemic is that as a community we need to work together to support those in need in Exmouth, sharing resources and expertise. We are continuing to work collaboratively with Open Door by, for example, providing some supplies to the Baby Bank that they run and have helped Littleham Community fridge to purchase a second-hand fridge and freezer. We are also working with Sea Change at Budleigh supplying food on a weekly basis for a cooking programme that is being run with the Afghan refugees.

In addition, the team has focused on spreading the word about the Food Bank by giving talks to organisations, charities, schools and churches as well as by writing articles for the Exmouth Journal. We are seeing the benefits of this work both in terms of the different agencies who are now referring clients to us and the number of new families who are reaching out to us for help.