

# Exmouth Food Bank March 2022 News



## This month

It will be Mother's Day on Sunday 27<sup>th</sup> March. We will be putting a small seasonal gift in the parcels for all of the families with Mums the week beginning Monday 21 March.

Easter will soon be upon us and we would be grateful for donations of Easter eggs this month. These will be distributed in early April and are always well received.

## Current volumes

We are still experiencing high demand from families and individuals who are in need of support. In February we provided 247 parcels which fed 452 people. We are starting to see more single people now and still hear many very sad stories about individuals who are finding it increasingly hard to make ends meet due to the rising cost of food, fuel, and utility bills. This has resulted in several clients facing eviction. We continue to work closely with local agencies to ensure that people receive the ongoing support and guidance that they need.



## Current donation needs

Due to the increase in demand that we are experiencing, we are starting to run low on more of our basic supplies. If you are thinking of donating, we are open at the Hall on Tuesday and Friday mornings to receive your donated food, or there are drop-off boxes in many local shops and supermarkets.

This month, the items in short supply are;

Cartons of long-life milk, bottled squash, tinned and dried potatoes, baked beans and tinned spaghetti, dried packet rice, tinned fruit and vegetables.

## Situation in Ukraine

Our thoughts and prayers go out to the people of Ukraine and the unthinkable hardship they are facing.

We have been contacted by many individuals offering to donate food and supplies to the Food Bank to support the Ukrainian refugees. For the moment we have been advised that the most effective way to provide much needed help for those in need is to donate funds to organisations who already have personnel on the ground in the areas affected. The Salvation Army is one such organisation and you can donate to their Ukrainian appeal [here](#). Other organisations include Disasters Emergency Committee (DEC), ShelterBox, The Red Cross, Oxfam and UNICEF.

As Ukrainian refugees are welcomed into the UK and are temporarily housed in towns such as Exmouth the Food Bank will support their needs as part of a coordinated response led by the local and district council.

## Food Bank talks and local visits

At the Food Bank, we always welcome visits from organisations including local clubs and schools. This is a great opportunity to show case what the Food Bank does and to encourage the younger community to get involved in, and better understand how the Food Bank operates and why it is so vital for Exmouth and the community.

This month we are hosting a visit from the local Beaver group. We can also come out and talk to your organisation which is a great way of developing and forging links into the community. For more information please email: [info@exmouthfoodbank.org.uk](mailto:info@exmouthfoodbank.org.uk)