



# Quantock Foodbank

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Dear Friends

Autumn 2019

This newsletter is sent with gratitude to all the churches, schools, villages and individuals who have brought their harvest gifts to the foodbank over the last two months, and the photograph shows just one of these deliveries. A steady flow of contributions has also been collected courtesy of our local Co-ops and we are grateful to staff and customers for their continued support. Our shelves were very depleted after the long summer holiday when so many families were struggling to cope, and the flood of donations has been most welcome.



The Quantock foodbank was officially opened on 1 November last year and since then our records show that 1,250 people have been in receipt of food parcels thanks to your faithful giving: Of these, 553 were children. As we enter the difficult winter months some people are having to choose between heating or eating and we are already experiencing a higher demand, particularly from families. Our thoughts also turn to those who are homeless and many of you have donated with them in mind.

During the Autumn term we have been supporting the Full Tummies Project, which is helping families to manage overstretched budgets by showing them how to cook nutritious, satisfying meals using inexpensive ingredients. At the monthly sessions so far, they have made Homity Pie, Hey Presto Pizza and Fruity Bakewell Tart; and have also been given bags of typical foodbank items with recipes for Tuna and Sweetcorn Pasta Bake and Corned Beef Hotpot to try at home.

We are now collecting seasonal food for Christmas parcels to be packed from the first week of December, and they will be distributed during the second and third weeks. None of this would be possible without your support, and we constantly marvel at the generosity of local people and those who live some distance away who include us in their regular charitable giving.

As we have had requests for a Christmas list, the following are some of the items we still require: Trifle mixes; Chocolate spread; Dried fruit and nuts; Pickles, Tinned Salmon; Savoury biscuits; Children's selection boxes; Seasonal cakes and Savoury Snacks.

Thank you everyone!

Secretary