

DONATE FOOD

Please help by donating an item or two from our shopping list to ensure we can provide food to help people in crisis.



HOW OUR FOODBANK WORKS

Step 1 Food is Donated

Non-perishable food is donated by schools, churches, businesses and individuals.

Step 2 Food is sorted and stored

Volunteers sort food to check that it's in date and store it ready for distribution.

Step 3 Professionals identify people in need

We work with a wide range of care professionals such as health visitors, social workers, police and Citizens Advice Bureau to identify people in crisis and issue them with a foodbank voucher.

Step 4 Clients receive food and further support

Clients bring their voucher to a foodbank centre where it can be redeemed for three days' emergency food. Volunteers take the time to listen to clients and signpost them to agencies able to help with their longer-term problem.

Things we need

Tinned meats
 Tinned fruit
 Desserts
 Tinned rice pudding
 Tinned custard
 Cereals (not oats have plenty!)
 Longlife fruit juice
 Gram (chickpea) flour
 Sunflower Oil (1 litre)
 Dried Chickpeas/Green Lentils
 Vermicelli
 Jam
 Toilet Rolls
 Shower gel/Shampoo
 Laundry powder/tabs

See overleaf for further details

Things we don't need

Fresh food (we can't store it!)
 Baked Beans
 Soup
 Pasta
 Tinned pasta

The types of item we need

St Albans & District Foodbank only works with non-perishable food items (tinned and dried goods), which do not spoil or decay. This means that neither the foodbank nor the recipient has to worry about storing the food in a fridge or freezer, and there is less likelihood of food going to waste. It also means that we can give each client a carefully designed food parcel that contains three days' worth of nutritionally-balanced food.

All items should be unopened, in date and in good condition. We are forbidden by law to give away food which has passed its "best before" date.

We also take non-food items such as toiletries, laundry, cleaning and sanitary products, as these are just as essential to the clients who come to us.

How else can you help?

We are always looking for volunteers to join a rota of helpers at our distribution centres. Sessions lasting about two hours are as follows:

1. Christ Church, New Greens, St Albans - Tues. 13:00 - 15:00
2. Cunningham Hub, Cell Barnes Lane, St Albans - Tues. 15:30 - 17:30
3. Christadelphian Church, Abbots Avenue, St Albans - Wed. 12:30 - 14:30
4. Hilldyke Community Centre, Wheathampstead - Thurs. 12:30 - 14:30
5. Caledon Community Centre, London Colney - Fri. 10:00 - 12:00
6. Crabtree Church, Harpenden - Fri. 13:00 - 15:00

If you would be interested in helping at any of the above please get in contact.

We can be reached via email info@stalbandsdistrict.foodbank.org.uk or by telephoning 01727 613019

We also welcome monetary donations and our website has details on how you can donate to us

<https://stalbandsdistrict.foodbank.org.uk/give-help/donate-money/>