

## 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

Baked Beans  
Pasta  
Rice  
Tinned rice pudding  
Tinned custard  
Tinned peas  
Tinned sweetcorn  
Tinned vegetables  
Tinned fruit  
Tinned soups  
Tinned meats  
Tinned fish  
Tinned tomatoes  
Tinned chickpeas and pulses  
Desserts  
Biscuits and savoury snacks  
Cereals (not oats - we have plenty!)  
Longlife fruit juice  
Longlife Milk  
Cooking Sauces  
Cooking Oil (1 litre max)  
Noodles  
Jam/Spreads  
Toilet Rolls  
Shower Gel/Shampoo/Conditioner  
Laundry tablets/washing up liquid  
Nappies sizes 4 and upwards  
Tea

## Things we don't need

Fresh food (we can't store it!)

## 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 can be reached via email [info@stalbandsdistrict.foodbank.org.uk](mailto: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/>