



Churches in and around Bordon are working together to start up a food bank for families and individuals in need as the recession begins to bite. This will be based at St Mark's and WE REALLY NEED VOLUNTEERS, to help with packing up the donated goods and being on hand to distribute them when the St Mark's coffee bar is open.

Volunteers: Fortunately we have found two co-ordinators, Robert and Rebecca Pethybridge, who attend St Mark's and Sacred Heart. We are very grateful to them.

It would be good if each church could identify:

- 1 or 2 people willing to organise the collection of food in their own church and then to get it to St Mark's, probably on a Tuesday afternoon.
- 2+ volunteers each week to sort it into food parcels, also on the Tuesday afternoon (could be the same people as above).
- 2 volunteers each Wednesday and Saturday morning to hand out the parcels in return for vouchers.

The more volunteers we have, the less often each would have to be available.

PLEASE SPEAK TO YOUR MINISTER IF YOU COULD HELP.

How a food bank works:

Food is donated

Schools, churches, businesses and individuals donate non-perishable, in-date food, from a set list, to the food bank. All food given out by food banks is donated. Supermarket collections are one of the main ways that food is donated; shoppers are asked to buy an extra item or two for local people in crisis.

Food is sorted and stored

Volunteers sort food to check that it's in date and pack it into bags ready to be given to people in need.

Frontline care professionals identify people in need

Care professionals such as doctors, health visitors, social workers, CAB, identify people in crisis and issue them with a food bank voucher.

Clients receive food

Food bank clients bring their voucher to a food bank centre – **for Bordon, St Mark's Church** - where it can be redeemed for 3 days' emergency food.

The food parcels, enough to tide a family over for 3 days, would include:

Bag 1 - tins

- 4 Soup
- 4 Beans
- 2 Spaghetti
- 2 Pasta (ravioli or macaroni)
- 4 Fish (e.g. tuna, salmon, mackerel)
- 1 Rice pudding
- 1 Custard
- 1 Pudding
- 4 Meat
- 3 Vegetable
- 3 Fruit (in juice, not syrup)
- 2 Potatoes
- 2 Tomatoes

Bag 2 – packets and jars

- Tea bags
- Sugar
- Coffee
- Milk powder
- Drinking chocolate
- Pasta
- Pasta sauce
- Oats (cereal)
- Toilet roll
- Biscuits
- Jam