**Liskeard and Looe Food Bank**

This year the Liskeard and Looe Food Bank will have a donation station at the Cornish marathon to collect donations of food to support those who are struggling with the cost of living crisis.

From April to July 2022 the food bank has helped over 1100 people, 700 adults and 450 children. In 2021 they helped 750 in the same period, so between 2021 and 2022 there has been a 53% increase in need of their help.

On the day there will have a donation area, so if you can spare a few tins they would be very grateful. They have said that the main thing they are short of at the moment is **tins of meat including tins of ham, corned beef, meatballs, curry, stewed steak etc**.

They also need

**Urgently needed food items**

 Tinned fish

 Microwave rice pouches

 Jar/tin hotdogs

 Tinned ham or corned beef

 Rice pudding

 UHT Milk

 Cereal

 Fruit Juice

 Tinned potatoes

 Tinned fruit

 Instant noodles

 Coffee

 Gluten free biscuits

 Washing up Liquid

 Shampoo/conditioner

 Nappies all sizes

 Men's deodorant

 Wet wipes

 Shower gel

 Squash

**They've got plenty of**

 Butter beans

 Kidney beans

 Cannelloni beans

 Pasta

 chick peas

 Baked beans

 Toothpaste

 Gravy granules

 Tena style pads

 Tinned tomatoes

 Bars of soap

The food boxes they provide are packed following a packing template given to them by The Trussell Trust. The food boxes provide 3-5 days of nutritionally balanced food. They can pack vegetarian, vegan, gluten free, and diabetic boxes, and they can take into account any dietary requirement..

Below are a few stories from those they have helped.

*A young couple came to us asking for food that didn't require heating as they had had no electricity for 4 days. They had no money left to top up the key meter.*

*We had a single man come to us having not eaten for days, he thought we only helped families but was now so hungry he thought he'd ask us anyway.*

*We have had young working couples come to us, the cost of fuel to work plus the electricity and food price rises had left them very short the week before they would be paid, they needed our help as they were out of food.*

*One single man said he had been living on baked beans for a week before asking for our help. He was working full time and his rent had gone up and his electric and gas costs left him no spare cash for food shopping. He messaged after receiving his foodbox and said the contents had  brought tears to his eyes, and he felt he would ''eat like a king'' that night after living on beans for so long.*

The food bank have also started a Crowdfunder as they would like to be able to issue slow cookers to clients over the winter as a low cost way of cooking a hot meal as they feel so many won't afford to run a traditional oven. <https://www.crowdfunder.co.uk/p/low-cost-cooking-with-a-slow-cooker>

Thank you for your support.

Liskeard & Looe Food Bank.

https://liskeardlooe.foodbank.org.uk/