

## What do we collect?

If you would like to donate food to help us help others please consider donating items from our stock list below

- Tinned Meat
- Tinned Vegetables / Potatoes
- Tinned Fish
- Tinned Soup
- Tinned Fruit
- Tea Bags (pref pkts of 40)
- Instant Coffee (pref small jars)
- UHT Milk (long life or powdered)
- Fruit Juice (carton/ long life)
- Sugar (pref 500g bags)
- Dried Pasta / Rice (Pref 1kg bags)
- Instant Mashed Potato
- Cereals
- Pudding (long life / tinned) e.g. Rice Pudding, Sponge pudding
- Instant Custard (pkts or tins)
- Baked Beans
- Tomatoes (tinned)
- Pasta Sauce
- Biscuits / Snack Bars (sweet & savoury)
- Squash / Cordials
- Baby Food

### Toiletries

- Toilet Rolls
- Soap (bars)
- Shampoo & conditioner
- Washing Up Liquid
- Toothpaste / Toothbrushes
- Washing powder
- Female Sanitary Products

## Where to find us



Foodbank in Seaton

C/o Number One  
1 Harepath Road  
Seaton  
EX12 2 RP

07598 927997

foodbankseaton@gmail.com

Follow us on Facebook @  
“foodbank in seaton”

The Foodbank opens  
Wednesday 2-4pm  
(Except Christmas / New Years Day)



## Supporting people in **FOOD CRISIS** in Seaton and District

Foodbank in Seaton is a  
'Christians together in Seaton  
and District' initiative to  
support those in the  
community who are in food  
crisis for some reason

Foodbank is organised and staffed  
totally by Volunteers from the  
community

## What is a 'Foodbank'

Foodbanks throughout the country are there to help those in the community who find themselves unable to buy food due to unforeseen circumstances, help is given to tide them over until they are able to support themselves and their dependants.

Their need is assessed by professionals at aid agencies such as CAB, Job Centres, support workers, N.H.S and local Church Leaders who will issue them with a voucher.

In Seaton, we try to give enough food to see them through 7 days of 3 meals a day as we only have a distribution time once a week and hopefully for only 3 -4 weeks when their crisis has been sorted out.

We do not supply food on direct request to the Foodbank

## How is the Foodbank supported?

We rely entirely on donations from the local communities which can be made at several collection points around the town.

These are at Tesco, The Co-op, The old Town Hall, Pebbles Café and at any local church. We also have special collections at Harvest time and Christmas. We have had support from the local schools and recently 2 children have supported us at their Birthday parties by asking for food for us instead of presents.

We can also accept donations at No 1 Harepath Road on a Wednesday between 2 – 4pm

Financial contributions or Sponsorship are welcome via the contact details overleaf.

## How does the Foodbank work?

- Partner Agencies are provided with Vouchers that entitle the bearer to food sufficient for their household for 7 Days. These vouchers are given to people who they consider are in crisis with regard to food according to specific criteria
- Voucher holders can attend and redeem their vouchers between 2-4pm Wednesdays at Seaton foodbank address overleaf
- Partner Agencies are also provided with a contact number for use in Urgent cases

## Giving to Foodbank

- Seaton Foodbank is pleased to accept items on the list overleaf, however we are grateful for any donations
- Donate food at any of the collection points listed in this leaflet
- Contributions of food are collected sorted and stored at Seaton Foodbank until they are required

## How can I help?

### You Can Donate Food

Without your generous donations, we would have no food to distribute, why not take the list on the reverse next time you go shopping, by putting even just 1 item in our donations box from the list will be helping another person in need. Or if you're having a clear out of your kitchen, shove that spare tin or packet that doesn't quite go back in the cupboard in one of our donation boxes!

### You Can Volunteer

Could you spend a couple of hours a week helping the Seaton Foodbank? Being that friendly face at the door reassuring someone in crisis is invaluable, or even helping pack and sort donations received is vital

We are always looking for people to assist with food collection and distribution

Contact us on the number overleaf if you think you can help

### You Can Become a Donation Centre

We already have a number of Donation Centres in Seaton however extra donations are always welcome. If you feel you could have donation box, big or small or would like to do a Workplace donation box for a charity option e.g. Harvest or Christmas then please do contact us.