



Arden Food Bank is being set up by the churches of Studley and Alcester, under the auspices and according to the guidelines of the Trussell Trust, to help families in Studley, Alcester and surrounding villages. Food will be distributed to people who have been given a voucher by an agency such as a social worker, doctor, headmaster or by the Job Centre Plus. The food is to cover emergencies and enough for a 3 day period is given in return for each voucher; normally a family can have only 3 vouchers in a 6 month period.

Food is donated by churches, schools, businesses and individuals. A stock of 1 tonne of food is necessary to launch a food bank and this has to be more or less maintained to enable the food bank to operate weekly. Periodically stocks are boosted by a collection at a supermarket (Studley Co-op being our first collection on March 16th), subject to the agreement of the stores. Three days worth of food for a family will comprise tins and packets weighing approximately 25kgs so 1 tonne food will only serve 40 families. A shopping list has been drawn up to provide a balanced diet from tins and packets and people are asked to donate food from the list. Stored food must non-perishable and in date.

Vouchers are given out for a variety of reasons and according to data collected by the Trussell Trust over 40% of the vouchers given out are because of a benefit delay or change. Indications are that the majority of clients are in work.

Once a client has been given a voucher it is redeemed at a food bank. At the food bank the client is met and whilst their food is being prepared and bagged, the client is offered a cup of tea. Should the need arise a client can then be signposted to other agencies which may be able to help their particular circumstances. Initially the Arden food bank will be open on Tuesday afternoons in the Studley Youth Centre and Friday afternoons in Alcester Baptist church. We anticipate extending this service by the end of the year as the need builds.

Records and statistics of the food donated and the food given out are maintained both locally and by the Trussell Trust.

The Arden food bank will be run entirely by volunteers. A committee has been in place organising the set up of the Arden food bank since September and stocks are building in our warehouse in Coughton. Other volunteers have come forward and a training session led by the Trussell Trust was held on Friday 8th March. We plan to open on April 5th in Alcester and April 9th in Studley.

Further information can be found on our website www.arden.foodbank.org.uk and the Trussell Trust website www.trusselltrust.org



Shopping List

Milk (UHT or powdered)
Sugar
Fruit juice (carton)
Soup
Pasta sauces
Sponge pudding (tinned)
Tomatoes (tinned)
Cereals
Rice pudding (tinned)
Tea Bags/instant coffee
Instant mash potato
Rice/pasta
Tinned meat/fish
Tinned fruit
Jam
Biscuits or snack bars