

kingsbridgefoodbank



What is a foodbank? It's a means of providing emergency food items for local people in crisis: sudden loss of job; illness; delayed benefit payments etc.

Why in Kingsbridge? Foodbanks are being set up all over the UK, including neighbouring areas in the South Hams. Local organisations have told us that they know that some of their clients need this kind of help.

When and where will it operate? Boxes of food are distributed from Horizons, 110 Fore Street Kingsbridge between 10 -12 noon on Friday mornings.

How can you help? Donate items of non-perishable food items. (See list below.) Volunteer for various tasks to be done, eg distributing food, administration and publicity.

What sort of food items are suitable?

Sugar	Jams	<i>Tinned...</i>	<i>No cooking facilities?...</i>
Milk (UHT/powdered)	Marmite	Tomatoes	Pot noodles
Fruit juice (long life)	Pasta sauce	Rice pudding (etc.)	Tins with
Pasta	Soup (cup-a)	Meat/fish	ring pulls
Rice	Condiments	Vegetables	
Noodles	Gravy granules	Baked beans	
Cereal/bars	Instant mash	Fruit	
Tea bags/coffee/choc.	Vegetarian option	Custard	
Biscuits/snacks	Porridge	Soup	

**Local Collection Point: St James the Less Church
Kingston**

**For further information and offers of help, please contact
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