

LOVE LIFE LIVE ADVENT MAKE ROOM FOR THE MANGER

ACTION SUPPORT: FOOD BANKS

According to the Trussell Trust's website, www.trusselltrust.org

- Almost a million people were given 3 days' emergency food and support during 2013–14
- Over 400 foodbanks have already been set up, with two more being launched every week
- Over 8,000 tonnes of food was donated by the public over the last year.

The Trussell Trust is a Christian charity, taking its inspiration from Jesus' words in the Gospel of Matthew (25.35-36):

'For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me...'

HOW CAN INDIVIDUALS AND CHURCHES SUPPORT FOODBANKS?

- To find your nearest Trussell Trust foodbank, visit www.trusselltrust.org/map
- Most local foodbanks publish an up-to-date 'shopping list' of the items they need most – check what will be most useful before you go out to buy your items. They will also give their opening times, so you know when to deliver your donations.
- Many churches have a collection point for donated items, which are then taken each week to the foodbank. If your church doesn't yet do this, perhaps you could volunteer to co-ordinate it?
- Foodbanks rely on volunteers – if you have some time to spare, why not ask your local foodbank if they could use some help?
- To find out about starting a foodbank if there isn't already one in your area, visit <http://www.trusselltrust.org/start-a-foodbank>