

# Newsletter



Issue No 06 – 31/08/2023

## Harvest Festival approaches...



Harvest Festival has always been a time where we come together and show gratitude for the food we have to eat. It is also a time where traditionally gifts of food are brought for charities who support those in need.

This Harvest we're asking you to help support local people in crisis by collecting tinned and dried food for the Hertford & District Foodbank. We are asking everyone to rally round to give items such as Tinned Tomatoes, Baked Beans, Tinned Soup, Instant Mash, UHT Milk, Fruit Juice, Pasta, Tinned Rice Pudding, Tinned Custard and Biscuits.

Alarming new figures reveal that we have provided more than 4558 emergency food parcels to people

who couldn't afford the essentials in Hertford, Ware and the local district over the last year – and more than 1845 of these went to children (figures taken Aug 22 – Aug 23). In addition to this, food banks across the Trussell Trust network provided nearly 3 million (2,986,203) emergency food parcels to people experiencing hunger during this time – with over 1 million of these going to children.

The demands on the food bank are as strong as ever and this is where you can help. Please join us by giving food so that local people in crisis don't face hunger. We really appreciate your support so we can ensure we make the greatest possible difference to people experiencing hardship in the Hertford & District Area.

NB: Please make sure all food is unopened, non-perishable, in date, and undamaged. Thank you!



### Shopping List – Items most needed currently

**UHT Milk**

**Tinned Meat**

**Pasta**

**Tinned Custard**

**Tinned Soup**

**Tinned Fish**

**Rice**

**Toothpaste**

**Tinned Tomatoes**

**Baked Beans**

**Tinned Rice Pudding**

**Shower Gel**

## IMPORTANT INFO

### We are Recruiting!

Ever wanted to volunteer for the Foodbank?

We currently have vacancies available for Tuesday afternoons to be part of a new picking and packing team. If this sounds like something you might be interested in please check out the role profile on our website and get in touch with us at:

[Volunteering@hertforddistrict.foodbank.org.uk](mailto:Volunteering@hertforddistrict.foodbank.org.uk)

We'd love you to join us!

### A Quick Thank you

To those of you who have been able to donate to us recently or in the past we wanted give our thanks.

Without the generosity of our community we wouldn't be able to help those facing crisis and we really appreciate every single tin and packet that is donated. Thank you.

### Keep up to date

For regular updates in addition to this monthly newsletter please follow us on one of our social media outlets:



[HertfordFoodBank](#)



[Hertforddistrictfoodbank1](#)

## Other News

### Step up September

Walk 30 minutes every day this September and put your foot down on UK hunger

Step Up September challenges you to walk 30 minutes each day this September. You can do the challenge in your own time, from wherever you feel comfortable.

Walk your way through September with our virtual walking challenge. It is not the distance you travel, it's the time you give and the money you raise to help build a future where nobody needs to use a food bank.



For more info:  
<https://www.trusselltrust.org/get-involved/fundraise/events/step-up-september/>

### Do you know someone in need of support?

There are so many people today who are finding themselves in crisis but may not know who to speak to or where to get help. We don't want anyone to suffer in silence.

Please encourage them to seek advice, we work with a huge number of agencies including; Citizens Advice, housing support, children's centres, health visitors, social services & local charities. If you are not sure who to speak to, please start with the citizen's advice or alternatively contact the Foodbank and we will talk through the situation and signpost to the relevant agency.

Citizen's Advice for East Herts: **Message Line (anytime) 01920 459 944**

*PLEASE NOTE: All funds raised here go direct to The Trussell Trust. They are unable to forward funds onto individual foodbanks.*

### Guarantee for Essentials

To In partnership with the Joseph Rowntree Foundation the Trussell Trust have launched a campaign calling on the government to enshrine in law the amount people need to ensure the basic rate of Universal Credit at least covers the essentials.

We can't always deal with what life throws at us on our own, so we need to have a system that supports us all to afford the essentials if we face hard times.

Find out more and how you can get involved:

<https://www.trusselltrust.org/get-involved/campaigns/guarantee-our-essentials/>

We want to see a future where food banks aren't needed and we know that together, we can make that happen.

### Hertford & District Foodbank

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