

SUPPORT US TODAY

We rely on voluntary income to keep our foodbank operating. Every donation we receive helps us continue to be there for people in crisis. Please return this form to the address on the back of this leaflet. Thank you

Please accept my gift of £
 I enclose a cheque made payable to **Epping Forest Foodbank** I enclose a cash gift

Title	First Name	Last Name
Home Address		
Town /City	Postcode	
County		

giftaid it **Tick to boost your donation by 25p of Gift Aid for every £1 you donate**

I want to Gift Aid this donation, the donations I make in the future or have made in the past four years.
I am a UK taxpayer and understand that if I pay less income tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

Signed	Date
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Epping Forest Foodbank produces a regular newsletter with information relating to our work which we feel may be of interest to you. This may include details of how food and financial donations are being used, requests for help with food or financial donations, information about fundraising or volunteering opportunities.
This newsletter is sent by email. If you would like to receive this newsletter, please provide your email address below.
You can unsubscribe from this newsletter at any time by sending an email to info@eppingforest.foodbank.org.uk with the word "unsubscribe" in the subject line.

Email Address:

Data Protection
Please contact us at info@eppingforest.foodbank.org.uk if you would like a copy of our Data Protection Policy and/or any of our data privacy statements.

Thank You




CONTACT US

Epping Forest Foodbank

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General Enquiries

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 0300 102 9808

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Epping Forest Foodbank is a Charitable Incorporated Organisation
Registered charity number 1182270
Registered in England and Wales



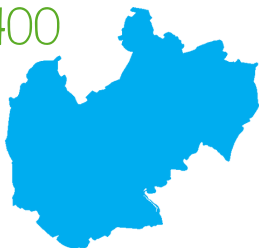
EMERGENCY FOOD AND SUPPORT FOR LOCAL PEOPLE IN CRISIS

WHY DO WE NEED A FOODBANK IN EPPING FOREST?

Today in the UK there are families struggling to put food on the table. For people on low incomes a sudden crisis – illness, benefit delay or an unexpected bill – can push their finances over the edge, meaning there is nothing left to pay for groceries. Cupboards are bare and people are going hungry in our neighbourhoods today. We can't sit by and let that happen.

It is estimated that 3,400 children in the District of Epping Forest live in poverty.

Source: EFDC Health & Wellbeing Strategy 2018-2028



Epping Forest Foodbank is here to help anyone who is facing hunger because of a crisis - for the parents skipping meals so their children can eat, for the tenant forced to go hungry just to pay the rent, for the elderly person making the stark choice between heating or eating.

We are part of The Trussell Trust's UK-wide network of foodbanks. We are part of the movement to help the many people affected by poverty and hunger in our society. We provide three days' emergency food and practical support to help people cope in a crisis, as well as give advice and signpost to other services in the area to help people recover, rebuild their lives and break the cycle of poverty.

HOW DOES EFFB WORK?

Step 1 >

Food is donated

Non-perishable food is donated by schools, churches, businesses and individuals



Step 2 >

Food is sorted and stored

Volunteers sort food to check that it's in date and store it, ready to be given to people in need when they visit the foodbank



Step 3 >

Professionals identify people in need

Foodbanks partner with a wide range of care professionals such as doctors, health visitors, social workers and police to identify people in crisis and issue them with a foodbank voucher



Step 4 >

Clients receive food and further support

Foodbank clients bring their voucher to a foodbank centre where it can be redeemed for three days' emergency food. Volunteers signpost people to agencies able to help solve the longer-term problem.



CLIENT QUOTE

"Following an accident at work my husband has been on Universal Credit for the last 10 months. I am a stay at home mum, between us we receive £54 per week. Foodbank is a lifeline for my family, without them we wouldn't have enough to feed our family."



WE NEED YOUR HELP

Donate Food

Visit our website for our most current needs.

Donate Time

Your skills could be just what we need.

Donate Money

Big or small, every gift you give helps transform lives

eppingforest.foodbank.org.uk/give-help

If you or someone you know is in need of a food parcel, please call

"Help Through Hardship"

0808 208 2138