

Support us today

We rely on donations of food, time and money to keep our food bank running. Every donation we receive helps us continue to be there for people who need our support. Please return this form to the address on the back of this leaflet. Thank you!

Name:

Address:

Postcode:

Email:

I enclose a gift of £

(Please make cheques payable to Epping Forest Foodbank)

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Boost your donation by 25p of Gift Aid for every £1 you donate.

☐

I want to Gift Aid my donation and any 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.

Date:

You can also donate online at:

<https://shorturl.at/oFj46>

We'd love to tell you about the amazing difference you make. How would you like to hear from us?

☐

by email

☐

by post

Data protection

Epping Forest Foodbank is committed to protecting your privacy and will process your personal data in accordance with the General Data Protection Act 2018. Epping Forest Foodbank collects information to keep in touch with you and supply you with information relating to our work. This includes informing you of fundraising that might be of interest to you. Epping Forest Foodbank will never sell or pass your details to anyone who isn't directly working on our behalf.

Contact Us

Epping Forest Foodbank

24 Oakwood Hill Industrial Estate
Loughton
Essex
IG10 3TZ

General enquiries

T 0300 102 9808

E info@eppingforest.foodbank.org.uk

www.eppingforest.foodbank.org.uk/



For an to date list of all our current needs, and to make donations delivered directly to our door, scan the QR code above

Charity Number: 1182270

Photography by Dominic Whisson at St Mary's Church, Loughton

Together with Trussell

We're part of a UK-wide community of food banks, working together with Trussell to ensure no one needs a food bank to survive. Until that happens, we provide emergency food and practical support for people left without enough money to live on.

Learn more: www.trussell.org.uk

 Epping Forest
Foodbank
Together with Trussell

Ending hunger together

across Epping Forest
District



Tear along this line

Together, we can end hunger in the UK

We refuse to stand by while so many local people are being left without enough money to live on.

1. We provide emergency food and practical support to local people in their hardest moments.

- **Food is donated** by schools, churches, businesses and generous members of the local community.
- **Food is sorted** by volunteers, checking it's in date and storing things so it's ready to be organised into emergency food parcels.
- **Local partners identify people facing hardship**, and professionals in local organisations like housing associations and children's centres can give them a food bank voucher.
- **People receive emergency food and practical support** when they come to the food bank with their voucher.



2. We work with our partners to get people the right help, so they're less likely to need the food bank again.

Our volunteers are trained to welcome people warmly and listen to what's going on, so they can signpost to support that unlocks the money and services someone should be getting. This makes it less likely someone will need a food bank again.

3. And we're part of a UK-wide community of food banks, working together with Trussell to ensure no one needs a food bank to survive.

We know what's pushing people to need our food bank, so we know what needs to change.

Together with Trussell and food banks across the UK, we:

- Share experiences, evidence and solutions
- Build consensus for the changes that will end hunger for good: an updated social security system, secure and rewarding jobs, affordable homes and supportive services.

Deborah's experience

People need to use food banks like ours when they don't have enough money for the essentials.

When Deborah, a full-time carer for her disabled son, was moved from one part of the social security system to another, she saw a massive drop in her income.

“

Words cannot explain the terror I felt. I was running out of food and many days I went without food so my children had enough.. Without the food bank I don't think I would be here today.

”

Will you stand with us?

Donate food

Visit our website to check what we need.

Volunteer

Your skills could make a real difference.

Shopping list

Tinned meat/fish	Cereals
Tinned veg/fruit	Fruit juice (long life)
Cooking sauces	Tinned pudding
Coffee	Jam
Milk (UHT or powdered)	Instant mashed potato

Donate money

However much you can afford to give, your support helps us do everything we need to.

<https://shorturl.at/oFj46>