



SOUTH AYRSHIRE FOODBANK

Today in South Ayrshire there are families struggling to put food on the table. For people on low incomes, a sudden crisis - redundancy, benefit delay or even an unexpected bill - can mean going hungry. Every day parents skip meals to feed their children and people are forced to choose between paying the rent and eating.

Foodbanks help prevent family breakdown, housing loss, crime and mental health problems.

Local care professionals in South Ayrshire refer people, (with a food voucher given to them by the Job Centre, Social Services or doctors,) to a Foodbank Centre where they are given a food package which will last them three days. At the Centre they can also find people who have time to listen and signpost them to further support.

South Ayrshire Foodbank is part of the Trussell Trust's UK-wide Foodbank network. This helps local churches and communities to open Foodbanks, providing emergency food to thousands of people nationwide every year.

Troon Churches Together are moving forward a plan to open a Foodbank in Troon, based at Troon Old Parish Church and we can help by providing items for these packs. All items donated are sent to a warehouse in Prestwick to be packed into emergency food boxes and then these are distributed to the local hubs.

Overleaf is a list of the items required for each box and at St. Ninian's we plan to collect these items on the first Sunday of every month. Items can be placed in a box at the back of the church and will then be forwarded to the warehouse.

Reminders will be published in the pew leaflet to encourage you to bring along your donations.

THANK YOU

**PLEASE HELP BY DONATING ANY OF THE
FOLLOWING ITEMS ON THE FIRST SUNDAY OF EVERY
MONTH.**

**Milk (UHT or powdered)
Fruit Juice (long life cartons)
Fruit (Tinned)
Vegetables (Tinned)
Sponge Pudding (Tinned)
Sugar (small bag)
Cereals
Tea Bags (40, 60, 80)
Instant coffee (small jar)
Rice Pudding (Tinned)
Meat or Fish (Tinned)
Pasta Sauces
Rice
Potatoes (Instant Mash or Tinned)
Tomatoes (Tinned)
Biscuits or Snack Bars
Tinned meals e.g. chilli, curry, casserole**

These are the items handed out in the boxes, along with recipe sheets, and the food is designed to give a balanced diet.

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