

# SWINDON foodbank

has been feeding people in crisis since November 2005. In that time we have:

- fed 4,000 children
- received referrals for 11,000 people in crisis - an average of 52 families per week
- collected and re-distributed 102 tonnes of food

Our mission is to help meet the needs of people in Swindon when they hit a crisis point, by providing emergency food and ensuring that they are signposted to the Professionals who can help them get back on their feet.

## YOU can help your neighbours with Swindon Foodbank

We can only feed people in crisis with your help. We need the following foods for our foodboxes -

- fruit juice ➤ long life milk ➤ sugar
- pasta sauce ➤ tinned potato
- biscuits ➤ tinned pudding ➤ tinned
- meat ➤ tinned fish ➤ tinned fruit

To donate food you can either drop it in to our distribution centre at the Rainbow Bookshop in Swindon, or call Richard on 07932 108732 to arrange larger collections

### It's Christmas time!

With Christmas coming it's great to give people in crisis something extra. You might like to give a Christmas treat such as **chocolate, sweets, nuts, crisps, cake** - or some other food that will make Christmas special for someone in need.