

Our Visit to The Food Bank

The food bank helps people who are struggling to afford to buy food.

It used to be people who didn't work but now a lot of people who do work, students and the elderly are using it too, due to rising household bills.

People don't have to pay for the food and are given enough food for 3 days.

They are given 4 breakfasts, 3 lunches and 3 evening meals.

They only give 3 days' meals as lots of people have to walk to collect their food. They don't have a car or can't afford the bus or a taxi.

The Food Bank is desperate for donations.

The amount of people donating food has dropped by 20%.

However, the amount of people needing to use the Food Bank has gone up by 35%.

This means that they don't have enough donated food to give to people and they are spending £2000 a month to buy the extra food.

People can't just turn up at a Food Bank.

They have to get a voucher. These are given by places like schools, hospitals, doctors and job centres.

On the voucher, people have to say if they need any toiletries.

Every food parcel includes milk and fruit juice.

We took a donation of food.

It was weighed on the scales.

All new food is weighed. The Food Bank doesn't count the amount of food donated but they record the weight of it.



All food is then sorted into different groups on a big table. For example potatoes and cereals.



Once the food has been weighed and sorted into groups, it gets put into a big warehouse.

The warehouse has shelves for each type of food and donation.



The most used item is milk as people use milk for hot drinks and on cereal. The food bank also likes to have a lot of longlife fruit juice as it is a healthy option to drink.



The food bank can't accept fresh fruit and vegetables as they won't last very long. Everything needs to be in a tin or packet.

They can accept tinned fruit and vegetables as it will last longer.



When the food is put onto a shelf, it has the sell by date on it. This is to make sure they use the food in the correct order.



The Black Country Food Bank covers Dudley, Sandwell and Walsall. There are 26 food banks in this area, which is good for the people who need to use them.

It doesn't cover Wolverhampton or Birmingham. These are covered by other food banks.



Breakfast cereal is sorted into size order.

The Food Bank prefers healthier cereals like Weetabix and porridge, rather than sweet cereal like Frosties but they would never turn any food away.



Porridge pots are a really good idea as these can be given to the homeless. They could ask a coffee shop for hot water.

Lots of people don't want to use their oven because of the high cost of electricity but they will boil a kettle.



The Food Bank likes pasta, as it is an easy and quick meal to make.

Lots of things can be added to pasta e.g. cheese or tomatoes.



The Food Bank is very low on tinned ready meals like curry and chilli. They want to try and collect more of these.



We want to try and collect lots of different food but especially tinned ready meals such as meatballs, curry, chilli, ravioli, Irish stew and chicken in sauce.



READY MEALS – MEAT & VEGETARIAN

- | | |
|----------------------|---------------------------|
| MEATBALLS | BAKED BEANS WITH SAUSAGES |
| CURRY | STEWED STEAK |
| CHILLI | BEEF & ONION |
| RAVIOLI | CHICKEN IN SAUCE |
| SPAGHETTI BOLOGNAISE | FRAY BENTOS PIE |
| ALL DAY BREAKFAST | "TUNA TO GO" READY MEALS |
| IRISH STEW | |

Tinned desserts or powdered jelly can also be donated so that people can have a pudding after their dinner.



Items like biscuits can also be donated but the food bank prefer food that people can have for a meal at breakfast, lunch and tea.



The most common item to be donated are baked beans.

In lockdown they had 20,000 tins of these!



The Food Bank gave away 30 tons of baked beans – which is a lot!
The picture below shows half a ton.



The Food Bank has started to make recipe bags for Chilli, Spaghetti Carbonara and Goulash – a bit like ‘Hello Fresh’ or ‘Gousto’.



The bag contains a recipe card to explain how to make the food.

You can also scan the QR card and it will show you how to make it.



Nothing is ever wasted at The Food Bank. If an item is too big for a family it gets donated to other charities that they work with.



Items like cranberry sauce and gravy are saved to give out at Christmas.



The Food Bank also has household items like washing up liquid and washing powder.



The Food Bank gives out items like deodorant and soap.

They prefer bars of soap rather than liquid soap, as a bar of soap lasts longer.

Nappies, wipes, cotton wool and baby powder get donated to The Baby Bank.



We received a special certificate for our school for our food donation.

We donated 13.1kg which was 26 meals.

However we want to smash this target at harvest and aim for 250 meals!

We were the first school to visit in 3 years!



BLACK COUNTRY FOODBANK

LOVE . CONNECT . INVEST

www.blackcountryfoodbank.org.uk

Registered Charity No: 1136676

VEHICLES AND PROPERTY LEFT AT OWNER'S RISK

the **storehouse**

in association with Albion Street Church

DO NOT ACCEPT ANY LIABILITY

FOR LOSS, DAMAGE OR THEFT TO ANY VEHICLE
OR PROPERTY LEFT ON THESE PREMISES

PRIVATE PARKING

MEMBERS VISITORS &
PERMITTED DRIVERS

Please Ring
for Attention

