

# St. Paul's News



**This Harvest** we're asking you to help feed local people in crisis by collecting tinned and dried food for Isle of Wight Foodbank. We are asking everyone to rally round to give items such as Tinned Spaghetti, Rice Pudding, Coffee (100g), Savoury Crackers, Chutney/Pickle, Sponge Puddings, Custard, Tubes of Crisps, Fruit Juice (Lunchbox Size), Trifle Mix.

1 in 5 people in the UK live in poverty; many families hit crisis and cannot afford food. More people are being referred to the food bank because they don't have enough money coming in to cover essential living costs. Rising food and fuel prices, static incomes, high unemployment, and changes to benefits are causing many families to struggle to put food on the table but you can help be part of the solution by supporting Isle of Wight Foodbank.

The food bank helps local individuals and families in crisis through the provision of emergency food supplies donated by churches, schools, businesses and the general public. The circumstances surrounding a crisis are unique to every individual, so the food bank partners with frontline care professionals, such as health visitors, social workers and other community-based support workers, who are able to identify people facing hunger and refer them to the food bank. As well as receiving nutritionally-balanced 3 day food parcels, people are welcomed with a cup of tea, listened to

and signposted to agencies that are able to help resolve the underlying cause of their crisis.



Last year the Isle of Wight Foodbank distributed over 85 tonnes of food to 5,719 local people in crisis, of which 2,420 were children.

The demands on the food bank are as strong as ever and this is where we can help. Please join us by giving food so that local people in crisis don't go hungry

**Thank you.**

*NB: Please make sure all food is unopened, non-perishable, in date, and undamaged. Thank you!*



**HELP BY DONATING AN ITEM OR TWO FROM OUR SHOPPING LIST TO ENSURE WE CAN PROVIDE FOOD TO PEOPLE IN CRISIS.**

## SHOPPING LIST TOP TEN ITEMS

Tinned Spaghetti  
Rice Pudding  
Coffee (100g)  
Savoury Crackers  
Chutney / Pickle  
Sponge Puddings  
Custard  
Tubes of Crisps  
Fruit Juice, Lunchbox size  
Trifle Mix

*Don't forget...*

*You can help transform  
more lives with a financial  
donation too.*





Yes! I'd like to help local people in crisis

Your details

Full Name	
Address	
	Postcode
E-mail	Tel

Please accept my gift of £

I enclose a cheque payable to Isle of Wight Foodbank

*giftaid it*

**Make your gift go further!**

Tick and date to add an extra 25p to every £1 you give at no extra cost to you

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:

We would love to keep in touch and tell you about the amazing difference you have made and how you can help in the future. Please send me:

A standing order form

More information

You can change your preferences any time by contacting us on 01983 292040 or emailing us at [info@isleofwight.foodbank.org.uk](mailto:info@isleofwight.foodbank.org.uk)

Data protection

Isle of Wight Foodbank is committed to protecting your privacy and will process your personal data in accordance with the Data Protection Act 2018 and, where you have given your permission, supply you with information relating to our work. For more information about how we protect your privacy, please visit our website: [www.isleofwight.foodbank.org.uk](http://www.isleofwight.foodbank.org.uk)

*Please send completed form to:  
Isle of Wight Foodbank, Love Lane, Cowes,  
Isle of Wight, PO31 7ET*

Thank you!

Your donations will be going to a local food bank - a registered charity or charitable organisation which is part of the Trussell Trust network. Reg. Charity No: 1144644 | Reg. in England & Wales