

SEPTEMBER 2024

The Cost of A Food Parcel

In the Summer Update we shared with you the contents of a typical food bank parcel and how the Trussell Trust creatively helped us to ensure that it is nutritionally-balanced. Once our volunteers have packed a food parcel, a weight measurement is taken to help us keep track of stock movement. The Trussell Trust helps us to value our stock with a cost per kg. This means that a typical parcel for a family household has the following values:



If you would like to help us by donating the cost of a parcel, you can do this:

- **Online through our Website:** Visit larne.foodbank.org.uk and click the orange 'Donate' button at the top of the page.

- **Online through Facebook:** Visit facebook.com/larnefoodbank and click the link in our bio to donate through our People's Fundraising donation page.

- **By Cheque through post:** Cheques can be made payable to: Larne Foodbank
Craigyhill Methodist Church
1 Brustin Brae Road
Larne, BT40 2HS

- **Cash Donation:** Pop-in to Larne Foodbank during a distribution session.

If you are a tax-payer, we can claim gift-aid on all donations received. Simply contact the office and we can give you a gift-aid form to complete and we will do the rest.

Larne Foodbank could not operate without your generous giving. The people of Larne are fantastic in responding to our shortage list of needed items. This month the items we are lower on are:

- Dried noodles
- 1ltr cartons of long life fruit juice
- Shampoo
- Sweets/Chocolate treats for children

Please note that we are unable to accept fresh items, such as cakes, bread, milk etc.



Thank you to Catherine

Larne Foodbank would like to say a huge 'THANK YOU' to Catherine Lynas, who is retiring from her role as Foodbank Administrator after 8 years. Catherine has put her heart and soul into her work for Larne Foodbank, with many saying that she has been 'the beating heart'. Catherine's kindness and compassion has touched the lives of many of the clients and volunteers who she has come into contact with.

Catherine was much more than an Administrator; visiting organisations, welcoming donors and visitors, stepping into distribution sessions, and going above and beyond to support the people of Larne.

Catherine will be much missed by her administrative colleagues Andrea and Heather, who wish her a very happy retirement and a time of well-deserved rest and quality time with family.

Everyone at Larne Foodbank is delighted that Catherine has agreed to maintain links with us by taking on a new volunteer position on the Management Committee and we wish Catherine all the best in this new role.

Thank you for your continued support



As a Charity, Larne Foodbank relies on the amazing generosity of local people, organisations, businesses and churches. Without this kind support we would not be able to continue to do what we do in assisting those who are faced with the devastating reality of food poverty.

We would like to say a massive thank you to Argos in Larne for contacting us about our needed items during the summer and so kindly donating 35.9kg of needed food items, alongside donating some valuable carrier bags to distribute our parcels in. Thank you to Antrim Coast Vineyard Church for the wonderful financial donation of £200. We also want to thank those that attended the fundraising Quiz at Ruby's Bodega for raising £152.60. An additional thank you to everyone who attended Larne Foodbank's fundraising Tea Dance and raised an amazing £601 and collected a further 147.95kg of needed food items.

