

OCTOBER 2016



EAT WELL SPEND LESS

The first two nights of the Eat Well Spend Less Course have gone well. The participants have been referred by Day Opportunities, Salvation Army, Larne Parental Support and Christians Against Poverty. They have learned about the Eat Well Plate, food safety and hygiene and made some tasty food including Goulash, Veggie Burgers and Frittata.



Financially supported by the PHA and managed by North Antrim Community Network.

DUNNES BAG PACK

A Bag pack is planned for 28th October 10am to 5pm in Dunnes Stores. If you can spare an hour or two, please contact me by emailing info@larne.foodbank.org.uk Thank You.

LEDCOM TALKS

Alan and Alex have attended a LEDCOM seminar on promoting your organisation. This was most interesting and will hopefully help us in the promotion of Larne Foodbank.

MID AND EAST ANTRIM CITIZENS ADVICE AGM

Alan and Alex also represented Larne Foodbank at the MEACA AGM. We are most grateful to have such a good working relationship with MEACA here in Larne and appreciate all that they do in referring and helping clients.



The Prom Café

Chatity coffee morning for
Larne Foodbank

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Come along and enjoy a
cup of coffee on
Thursday 27th October
from 9.30am to 11.30am



At this time of year we give thanks for the Harvest and we in Larne Foodbank are so grateful to all the Churches, Schools, Groups and Individuals who have chosen to support us by sharing their harvest. It is summed up in the words of the hymn:

**In our worldwide task of caring,
For the hungry and despairing,
In the harvests we are sharing,
Gods will is done.**

Your generosity has enabled Larne Foodbank to feed 489 people, (376 adults and 113 children) during the period beginning from 1st January to 30th September 2016. We have also given out 287 Bread vouchers so that each family can obtain a fresh loaf. Thank you all so much for your support.