



Thank you for your continued generosity

We currently have plenty of Breakfast Cereal, Beans, Soup, Pasta, Biscuits and Sweetcorn so don't need any of these.

Items Needed are:-

Tinned Fruit

Mayonnaise

Toilet Roll



Elderly Care Bags



Thank you to Larne Community Care for the Elderly care bags given to Larne foodbank for older people who find themselves in food poverty. These give information on where to get additional help, something to do and some hand gel to keep safe.

Larne Foodbank is part of the Trussell Trust 'Together for Change' Programme and these are the reasons why:- (Extracts from the State of Hunger report)



1.9 MILLION

Food parcels have been distributed through the Trussell Trust Network in 2019/2020, a 74% increase in five years



After paying rent, people referred to food banks have on average just **£50 A WEEK** for all other essential costs like food, travel, clothing, and bills



88% of the public think hunger is a problem in the UK.

"It's emotional feeling like you've literally hit the bottom, that you have to depend on other people to feed your kids. It's really sad. But if I wasn't here, they couldn't be fed, and I'm not doing that to them. I'm on Universal Credit, but it doesn't seem to be lasting. I'm very good with money, I've always been good. But once the money's come in, half of it goes on the rent, then another lump goes on the council tax, and then you've got to do gas and electric. I've cut down all bills but it's still not stretching far enough."

Carey, a person who has used a food bank

"Sometimes, there's no work. It's very stressful because you're working – caring for vulnerable people – and at the same time you're thinking: why is life so difficult? How can I manage? You're trying, you want to work, but at the same time you're getting peanuts. It's just going into bills and bills and if you're not careful you're sliding into debt."

Verona, a person who has used a food bank