



Tonight, in our community, a child, a family, young and old will go to bed hungry, having had nothing to eat today, perhaps not for a few days.

**Falkirk Foodbank provides emergency food for local people in crisis.**

A gift of food does more than just fill empty stomachs.

Foodbanks help to prevent family breakdown, housing loss, crime and mental health problems. We also take time to listen and signpost people to further support.

Contact: [info@falkirk.foodbank.org.uk](mailto:info@falkirk.foodbank.org.uk)



## CAN YOU HELP US FEED LOCAL PEOPLE IN CRISIS!

❖ Meat (tinned) including hotdogs, mince, stew etc.	❖ Tea bags 40 & 80
❖ Fish (Tinned)	❖ Instant Coffee
❖ Sugar (500 g)	❖ Sponge Pudding (tinned)
❖ Milk (UHT or powdered)	❖ Snack Bars
❖ Fruit Juice (carton)	❖ Biscuits
❖ Soup	❖ Instant Mash Potato
❖ Rice Pudding (tinned)	❖ Rice/Pasta
❖ Custard (tinned)	❖ Pasta Sauce
❖ Cereals	❖ Fruit (tinned)
❖ Tomatoes (tinned)	❖ Jam
	❖ Vegetables (tinned)

By donating just one item  
you can make a difference

# Falkirk foodbank

EMERGENCY FOOD FOR PEOPLE IN CRISIS

Today there are children, young and old people who will not have anything to eat. Their cupboards are empty. They may have been empty for a few days and there is no knowing when or if they will be filled again. This is not a war zone or an area affected by a natural disaster. This is here and now in Falkirk, today!

Recent and proposed changes to the benefits system – our national safety net – will see more people slip through. These changes will affect not just those who don't have a job, but also those in low pay jobs who rely on benefits to help them make ends meet.

The Falkirk Foodbank exists to provide emergency food to individuals and families who, quite simply have nothing. We rely on the support of the general public, Churches, groups and business in our community to donate food stuffs. With these we make up boxes or packs that are designed to feed people for about three days.

The Foodbank was formed by a group of Churches as a Christian response to what was seen as a growing need in the community, it has not only brought together a range of churches, but also other groups and individuals of faith or no faith who can all see the need for the

project and are willing to work together to help others in a very clear and practical way.

We invite people, groups or companies to support our work in whatever way they can or would like to. Some gift us their time, some their money, some food. We are grateful for all the support we get and

all of it goes to help others or sustain the project. The Foodbank is wholly run by volunteers and so we put every donation to maximum use.

There is so much more we could say about the project so if you would like to know more about the Foodbank and how you can support this work please contact the Project Manager Alf Collington

[alfred.collington@btinternet.com](mailto:alfred.collington@btinternet.com)

who will be happy to speak to companies, organisations or any interested groups, in fact anyone who will listen.



## Restoring dignity – Reviving hope

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“For I was hungry and you gave me something to eat .. whatever you did for one of the least of these children of mine, you did for me.”  
Mat 25:35f

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