

Perth and Kinross Foodbank
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Newsletter 8
October 2017



Perth and Kinross Foodbank SCIO. SC044158

Opening Hours

Monday and Thursday:
Deliveries: 9.30 – 11.00 am
Monday to Friday:
Parcel distribution: 2.00 – 4.00 pm



At last the scaffolding is away and new paving is installed in Cutlog Vennel. The approach to the Foodbank is now far more welcoming.

April - October 2017

Parcels distributed: 1142

People fed: 2057

**1592 adults,
465 children**

Thank you to everyone for your continued support of the Perth and Kinross Foodbank. In particular, thanks must go to the Blairgowrie group who raised £1516.56 from a charity shop last year to help with fixing the lift. Without donations of money and food we would have no food to distribute, and no funds to pay the rent and meet other expenses. Special thanks go to all those who have collected for the Foodbank at their Harvest Thanksgiving.

Thanks to the people who organise the Crieff and Blairgowrie distribution centres.

On-going report on the lift:

The lift motor has been removed and taken to Dundee for re-winding. We expect it to be re-fitted quite soon. Thanks to the Blairgowrie group and Perth Grammar PYI efforts to raise money for this.

Tesco collection: We will be having a special collection at Tesco stores on **Thursday 30 November, Friday 1 and Saturday 2 December.** We will need plenty volunteers to help to hand out shopping lists, pack the food into trays and sort the food at the foodbank. If you can help, please get in touch.

“We’ve had nothing to eat all weekend. I’ve been giving the children sugar for energy.” Fortunately the family were referred to the Foodbank and were able to eat nutritional food until they received funds to be able to go to the shops a few days later.

HELP!

We need

- **pasta sauce,**
- **tins of fruit,**
- **long-life fruit juice,**
- **long-life milk,**
- **tinned tomatoes,**
- **powdered potato**
- **tinned vegetables**

**We have plenty pasta,
beans and cereal.**

Josh is grateful that the foodbank was there to help in his time of crisis: “It made me feel really good when I could get food and speak to people at the foodbank. They’re really nice people, you don’t get many places like this.” He continues: “It’s not a nice way to be when you have no food. And it’s not just food, you’ve got to buy clothes now and then, washing powder and cleaning products. By the time you’ve bought all that and paid your bills you don’t have much left for food; you can’t live like that.”

We are in the pleasant situation of having been able to help some of the breakfast clubs in local schools by supplying healthy items so that children start the day with food in their stomachs, and are able to concentrate better in class.

AN INVITATION to all Afternoon Volunteers: The morning team (Monday, Wednesday, Thursday) welcome you to come along between 9.30 and 11.00 am to see how the morning team works – and how much effort is put into sorting by product and date.

If you would like to know more, please drop in to the Foodbank at Cutlog Vennel any weekday afternoon, or on a Monday, Wednesday or Thursday morning.