



Supporting Families in the Cost of Living Crisis

Tadcaster Grammar School supports Wetherby and District Foodbank this and every Christmas

What does 'cost of living crisis' mean?



[Kids in a Cost of Living Crisis](#)

Joe's Story...



["Money worries me" Joe's Story | Kids in a Cost of Living Crisis: A BBC Newsround Special](#)

ABOUT WETHERBY FOODBANK

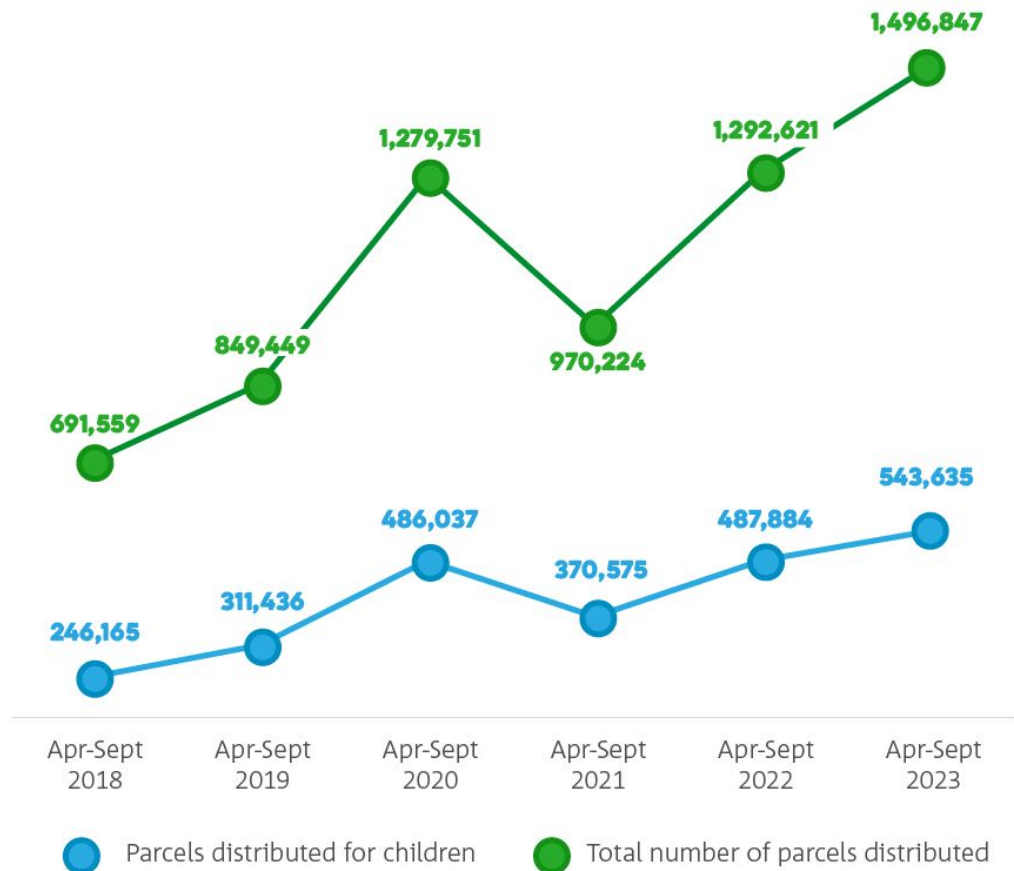
“The foodbank was there when we really needed it, it was an absolute lifeline.”

We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

Head of Life Skills,
Mr Allman has been
volunteering for the
Wetherby and District
Foodbank for the last 18
months.

Over the next few slides, he
explains more about the
Trussell Trust which supports
communities and churches to
open food banks across the
UK...





Food Bank statistics

Between April and September this year, more than 1.5 million parcels have been donated to families - this is over 8000 parcels per day **(up 16% from 2022)**

Out of these, two thirds of all parcels (so, around 1 million) go to families with children **(up more than 11% from 2022)**

Over the last 6 months, more than 320,000 people have had to use food banks **for the first time**

It is not about 'can't work, won't work' - debt, health issues, and delays in benefits payments are all major reasons why parcels are necessary

How do Food Banks work

You cannot just turn up when you feel like it because you're peckish:

It is for people who without it, won't eat for most of that week.

You have to be referred by an organisation - this could be a charity, a school, the council, social worker etc

You go there with a voucher (usually done online) and go through with the volunteers what you need, and the volunteers make a parcel that is of most use to that person

(for example, if we know the parcel is for children, they'll see an increase in kids cereals, snacks/chocolate, etc. If we know the person has pets, pet food is offered. Specific sanitary equipment is given to specific parcels, etc, dietary requirements are met, etc)

So what can you do to help this Christmas?

Firstly, please support by bringing in items to donate to Wetherby and District Foodbank...

Next, connect with your form, be active and creative by making a creative and original food hamper...

Finally, Hampers will need to be ready to be judged and then collected by the food bank on Tuesday 19th December 23.

CONNECT
KEEP LEARNING
BE ACTIVE
TAKE NOTICE
GIVE

Christmas Hampers



Suggested items to donate:

LONG-LIFE MILK - ESPECIALLY SEMI-SKIMMED
LONG-LIFE FRUIT JUICE - CARTONS PLEASE
INSTANT HOT CHOCOLATE
TINNED HOT MEATS: MINCE, STEW, HOT DOGS
TINNED COLD MEATS: CORNED BEEF
TINNED POTATOES
INSTANT MASH
SPONGE PUDDINGS - LONG LIFE
CUSTARD - TINNED OR CARTONS
TINNED FRUIT - ALL TYPES
INSTANT COFFEE - SMALL JARS PLEASE
TINNED FISH - NOT TUNA
PASTA'N'SAUCE SACHETS
POT NOODLES
INSTANT PORRIDGE

Why donate?

Over 90% of the food distributed by food banks in The Trussell Trust network is donated by the public – that's why your food donations are absolutely vital to our ability to give everyone referred to us a balanced and nutritious three day supply of food

Decorate your hamper! You can use leftover materials from your christmas fashion show entry if you are short of ideas. Let your creativity flow!

<https://wetherbyanddistrict.foodbank.org.uk/>

Previous Creations!

Christmas Hamper Competition



HOUSE COMPETITION...



