

## We gave out **1,356** emergency food parcels in 2016

**The YMCA food bank gives out emergency food parcels which contain enough food for 3 days. Typically a parcel will contain cereal, pasta, tinned meat and vegetables, tea and coffee.**

As we begin our 15th year of operating the food bank, our experiences show that it is not only people on benefits that need an emergency food parcel. People on low incomes, or have experience breakdown or bereavement also view it as a lifeline. Benefit cuts and sanctions, low paid workers, unemployment and increased food costs have meant our food bank has been in more demand than ever this year.

The food bank could not operate without the generosity of the local community.

**If you can give, we welcome the following items:**

- Tinned meat /tinned pie
- Tinned fish
- Tinned Vegetables including potatoes
- Tinned fruit
- Pasta & Pasta sauces
- Coffee/Tea bags
- Milk (UHT)
- Sugar
- Tinned puddings
- Jam
- Instant noodles/pasta
- Cereals