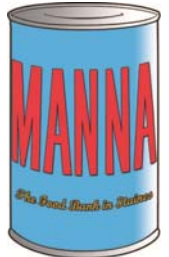


# Manna Food Bank News Letter – Aug



## Our Mission at Manna Food Bank

**Manna** – The Food Bank in Staines is a charity run by the Churches in Spelthorne. It targets families & individuals who other agencies [both statutory & voluntary] perceive as being in **emergency & immediate need** of food & household essentials.

### Thank you for your support in July 950 Kg from food drives

Just over 100kg was raised by **Airways Optical (Specsavers Group)** during their dress down days. Staff can dress down if they donate food items.

Manna organised a Thursday food drive and collected 500Kg.

Waitrose staff also supported manna on another Saturday food Drive and collected 350Kg

### So Why the need for more food drives??

We are now making on average 16 deliveries per week and the numbers are rising!

*A single person parcels weights on average 20Kg.*

*A family of three weighs in at around 50 Kg.*

*And a family of six or more is just over 85Kg.*

So as you can see our last food drive brought in 500Kg of produce and this will be used up in a very short space of time.

Mrs K – Ashford ‘Your parcel meant we were able to keep our children nourished until our council support came through, thank you for bring them a little ray of sunshine.’



Mrs D & Family - Staines ‘Thank you for giving me the hope that there is someone out there prepared to help us. Thank you. We are back on the road to recovery.’

Mr S – From a shed in Sunbury - ‘After having my money and train ticket stolen your kind souls helped me in a hour of need, bless you. I have now managed to find wok and hope to repay your kindness’.

Mr L and son – Staines – ‘I never thought two year ago I would find myself in this position, thank you for helping us and give us faith in the community, thank you’

## STILL COMMON SHORTAGES!!!

**Shelf** Long life milk, carton juice, cook-in-sauce, biscuits.

**Tinned** - spaghetti, potatoes, kidney beans, tomatoes, tinned veg,

**Home** – shampoo, tooth paste, deodorant, Sanitary Towels

**YOUR SUPPORT, IS NEEDED, EVERY WEEK. THANK YOU**

We are continuing to get more referrals every week, which means we are needing more and more food, every week. If you know any companies that would be willing to help support Manna with regular food parcels please approach them or let us know.

# September Food Drive

A date for your diary’s, our next food drive at Waitrose is on

**Saturday 14<sup>th</sup> September from 8.30am til 2pm.**

Please sign up for half an hour ( or more! ) and help others to help your community

Waitrose



Waitrose



If you have any comments or information for Manna Food bank Staines newsletter, please send them to:- [murrayransom@virginmedia.com](mailto:murrayransom@virginmedia.com)

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