

St Mary's Church Food Bank.
The Food bank will be open at St Mary's Church on the
first and third Thursday of each calendar month

Mission Statement

"To support those in need in the local community by providing a pop-up foodbank when necessary."

Referral

Firstly, **formal referral**

This would be by confidential professional judgement of need.

A form would need to be signed between the two parties involved.

A food bag would then be available for collection from St Mary's on a Thursday morning, or could be delivered, by contacting St Mary's Church Office.

Secondly, **self-referral** to the Church.

Such referrals will be limited to two deliveries or visits per month in person.

This will be available for three months, and then Formal-Referral will be required.

Collections on behalf of others will no longer be possible.

However, a home delivery can be arranged for individuals who should email the Church Office: office@stmaryshadlow.org.uk

Pre-bagged food parcels

Adjustments may be made to the items included, and substitute items included depending on availability.

Contents of each bag

Each bag will contain as far as possible the following items:

- 1 box of cereal
- 1 jar of coffee or teabags
- 1 jar of jam
- 2 tins of soup
- 1 tin of baked beans
- 2 tins of meat
- 1 bag of rice
- 1 tin of sweetcorn
- 1 tin of peas or carrots
- 1 tin of tuna
- 1 tin of ravioli
- 1 pasta item
- 1 jar pasta sauce
- 1 tin of tomatoes
- 1 carton of custard
- 1 pudding item
- 1 tin of rice pudding
- 1 packet of biscuits
- 2 hygiene products