

STRUGGLING TO FEED YOURSELF OR YOUR FAMILY?



Short term crisis? illness?

No access to public funds?

Low income? Benefit delay?

Not sure where to turn for help?

ORKNEY FOODBANK IS HERE FOR YOU!

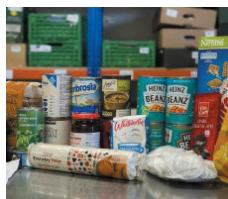
There are many reasons why you might have found yourself in this situation and we all need a helping hand now and then.

Give us a call or talk to one of the many voucher issuers eg. your local GP, Citizens Advice or Social Work Department. (Details of other voucher issuers can be obtained from the Foodbank)

- **1 IN 5 PEOPLE LIVING BELOW THE POVERTY LINE**
- **WE COVER MAINLAND ORKNEY AND ALL ISLES**
- **WE CAN PROVIDE CHILD HOLIDAY MEAL PACKAGES**
- **57% OF ORKNEY POPULATION EXPERIENCE FUEL POVERTY**

Today in Orkney there are families struggling to put food on the table. For people on low incomes, a sudden crisis - redundancy, benefit delay, illness, furlough - can mean going hungry.

Every day parents skip meals to feed their children and people are forced to choose between paying the rent or electricity and eating.



Typical Parcel contents:

Breakfast cereal	Tinned veg
Soup	Tinned fruit
Rice / Pasta	UHT milk
Pasta sauce	Jam
Tinned beans / spaghetti	Juice
Tinned tomatoes	Sugar (if we have it)
Tinned meat / fish	Snacks
Tea / coffee	Basic toiletries and cleaning products

How to donate:

- At the foodbank
- At Tesco or Co-ops
- Contact the Foodbank
- Cash, bank transfer, cheque, gift aid

ORKNEY FOODBANK - EMERGENCY FOOD FOR LOCAL PEOPLE IN CRISIS

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Kirkwall
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Registered Charity number: SC046553

Opening Times
Tuesdays and Fridays
12.00 noon - 2.00pm