

# Clacton Foodbank

## Quarterly Newsletter



## BANK THE FOOD APP LAUNCHED

BanktheFood is a new charity, registered on 21 April 2021 (Charity Commission for England and Wales Number 1194167). Their mission is to ensure food banks always have exactly what they need, when they need it.

Foodbanks often struggle with effectively communicating their realtime supply and demand needs to their donors.

Social media posts or notices in supermarkets, quickly go out of date or go unnoticed and as a result, foodbanks can be inundated with one item or have little of another.

Regularly updating their realtime needs to their local community, can be a cumbersome admin task, which takes foodbank volunteers away from their crucial work of collecting and distributing food.

BanktheFood hopes to change this through an innovative free app which links food banks to donors

**The app is free to use. We talk through the easy steps of downloading and using the App in the appendix at the back of this Newsletter.**



**Their Charitable Objective is:**

*For the public benefit the promotion of the voluntary sector through the provision of an app to aid the donation of emergency food, essential toiletries, and household items to individuals and families in need and/or for distribution by charities or other organisations working to prevent or relieve poverty.*

## NEWSLETTER RELAUNCH

Clacton Foodbank is pleased to announce that following the appointment of a voluntary Web & Media Co-Ordinator, our Newsletter is once again being produced in a new and informative format. Currently our aim is to bring this to you on a quarterly basis, starting with this 1st issue in April. Our aim is to keep you informed about the work of the foodbank, the challenges we face and the opportunity to share with you the support we have been able to offer to those in our local community who are in food crisis.



**We're running low!** The BanktheFood App keeps you up to date weekly in respect of the essential items we are in urgent need of (see appendix page 11).



Figures Focus - Page 5. Latest figures released. Year on year comparisons 2021/22 - 2022/23.



Local food donation points covered on page 10. Also available on BanktheFood App

## **In this month's issue:**

Our Foodbank stocks have been under strain as we moved out of 2022 and into 2023. Due to the hard work of our volunteers and generosity of the people in and around Clacton, as well as our business supporters we have still been able to ensure that every person in food crisis who has been referred to us have received a balanced 3 day food parcel.

Many of us are now feeling the impact of the cost of living crisis this country is currently moving through and it's times such as these, when local Foodbanks come under even greater pressure, as we see increasing numbers of people, due to skyrocketing bills finding they do not have the means to put food on the table.

## **Contents:**

- **Page 3** - Eating cheaply and nutritionally
- **Page 4** - Dinner for just £1.00 - Basil and Cashew Pesto Pasta recipe
- **Page 5** - Figures focus - Clacton Foodbank
- **Page 8** - Real life stories
- **Page 9** - Urgently Needed - Items we are running desperately short of
- **Page 10** - Information page
- **Appendix 1** - BanktheFood App - Downloading and Using

The Clacton Foodbank is about our local community. It is only with your help and support that we are able to help and support our neighbours within the local community. Everyday there are families and individuals in food crisis, through no fault of their own but simply because of an unforeseen change in circumstances for example; none of us truly knows if or when we may need this lifeline.

There are many ways you can support the Clacton Foodbank, just one can of potatoes donated next time you are shopping, is a source of comfort to someone locally who is in food crisis. We ensure that no food which is donated goes to waste!

At times we look for new volunteers to join our existing team of volunteers in the many areas available. We're always happy to have a chat on the phone, by email or over a coffee.

**The Clacton Food Bank - Contact [Tracy.Dobbs@salvationarmy.org.uk](mailto:Tracy.Dobbs@salvationarmy.org.uk)**

**If you are in food crisis - HELP THROUGH HARDSHIP - is there to support.  
Tel: 0808 208 2138. Opening hours Monday - Friday 9am to 5pm. Closed Bank  
Holidays.**



## Eating cheaply and nutritionally



Khalil Gibran, an early twentieth century poet and writer said that *“A little knowledge that acts is worth infinitely more than much knowledge which is idle”*.



Our local Foodbanks provide a short term lifeline to those in our community in Food Crisis but what about longer term? The Trussell Trust’s mission is to ‘Create a UK without the need for emergency food’. I’m sure we all rally to the vision of that goal but some may question how, without the symbolic

magic wand, do we achieve this? Some may argue the necessity to engage with the experts from many disciplines, some may argue it simply isn’t possible, while others may promote ‘a step at a time’ approach. It can be argued with some meaningful degree of credibility that we as humans, often set ourselves up to fail. This can indeed be true if we set our targets too high without ensuring we have the appropriate number of steps built into our plan to maximise its ability to succeed. To put this into context let’s consider a simple scenario. I want to make a sponge cake but I’ve never made one before. Well in those circumstances I’m not going to be very successful because without the knowledge and experience of making the cake I’m not going to be able to go from ‘want’ to ‘result’ without a stepped plan for success. I need to know what ingredients are needed, the correct quantities of each, what to do with those ingredients, where to get them from and that’s just a few of the challenges before I come anywhere near close to mixing and baking etc.



So similar to our budding desire to be a baker, we need to introduce appropriate steps and consider this scenario when thinking about how we support those in our local community, currently in food crisis, to ensure they move forward and meet their fundamental needs. One way is the introduction of the ‘first step’; empowerment to ensure money stretches

further. Home cooking, once learned, can be both exciting and rewarding, allowing us to employ our creativity in low fat, low salt, healthy, filling and nutritious meals. By home cooking we can also benefit from economies of scale; put simply one sack of potatoes, a bottle of olive oil or large bag of rice for example will support many meals and work out much cheaper than buying these items individually or in smaller quantities. Proportionally speaking, it need not cost much more to create 4 meals as it would just one or two. Introduce the facility to freeze homemade meals and we are well on the path to making our money stretch further already.

This of course is only one of many possibilities but why not give it a try yourself through use of the easy dinner recipe below.



# DINNER FOR JUST £1.00!

## Basil and Cashew Pesto Pasta recipe

A **vegetarian** and **vegan** friendly recipe, which can also be easily adapted to be **gluten free** by simply substituting to gluten free pasta. It can also be enjoyed without adding nuts or indeed substituting the nuts for example with cherry tomatoes halved, or grated cheese.

### Ingredients:

200g fresh greens (stems removed) [£1.45/300g]

320g penne pasta [£0.95/500g]

1 garlic clove (crushed) [£1.00/3 globes]

30g pack of fresh basil leaves [£0.52/30g]

40g cashew nuts [£1.00/50g]

50ml olive oil [£1.90/250ml]

1 lemon (zested) [£1.20/4]

[\*Ingredients costs based on Tesco prices]



Serves 4

Cooking time: 7 mins to prepare & 13 mins to cook

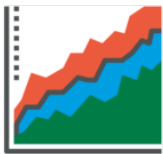
Calories: 468/serving

### Method

1. Bring a large pan of salted water to the boil and cook the fresh greens in it for 7 mins, then remove with tongs (leaving the water in the pan) and rinse under cold water until cool. Squeeze out the excess water.
2. Cook the penne in the same pan for 10 mins, then drain, reserving 100ml of the pasta water.
3. Put the greens, garlic, most of the basil, 30g cashews, the oil and most of the lemon zest in a \*food processor (\* fine chopping/squashing will work just as well). Blitz until smooth.
4. Tip the drained pasta back into the pan and add the pesto along with the reserved pasta water. Stir well to coat the pasta, then divide between 4 bowls. Top with the remaining basil, lemon zest and cashews to serve.

### Cost of Ingredients:

In this edition we have based costs of necessary ingredients on Tesco's current prices. For each recipe we feature we will indicate prices for ingredients from one of our 'food drop off point' partners listed on the BanktheFood App. Quantities of some ingredients mean you will have already started to build an at home 'on the shelf' supply which can be used in a future recipe. Taking that into account this recipe costs just £1.10 per person (or per meal of which this recipe makes 4) Will you take the £1.00 challenge?



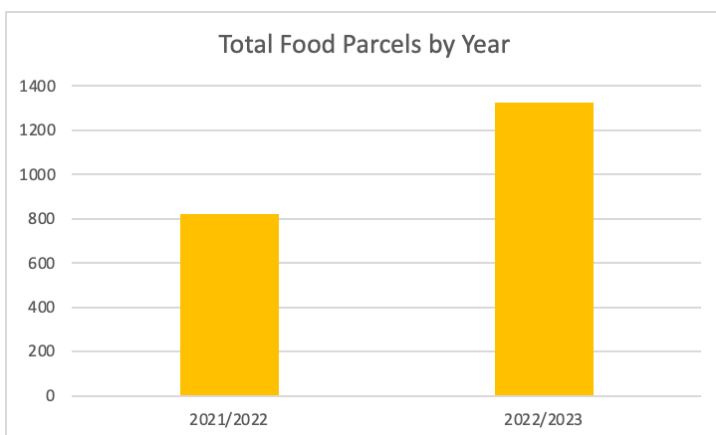
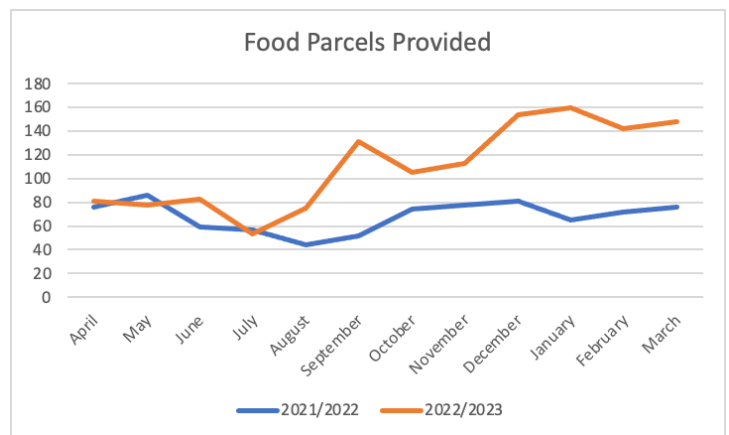
## Figures Focus - Clacton Foodbank Year on Year Comparison 2021/22 - 2022/23

Having moved through in excess of 2 years of pandemic we started to see our Foodbank numbers return to "normal" in the first half of 2022. Sadly this has been short lived as the increased cost of living crisis bites hard across the country - affecting all budgets which includes rises in food, fuel and utilities costs. The impact of this becomes immediately visible from August 2022 culminating in a staggering **61% increase in food parcels** provided by Clacton Foodbank and a further staggering **increase of 66% of people supported by our Foodbank** in the period from 1 April 22 to 31 March 23.

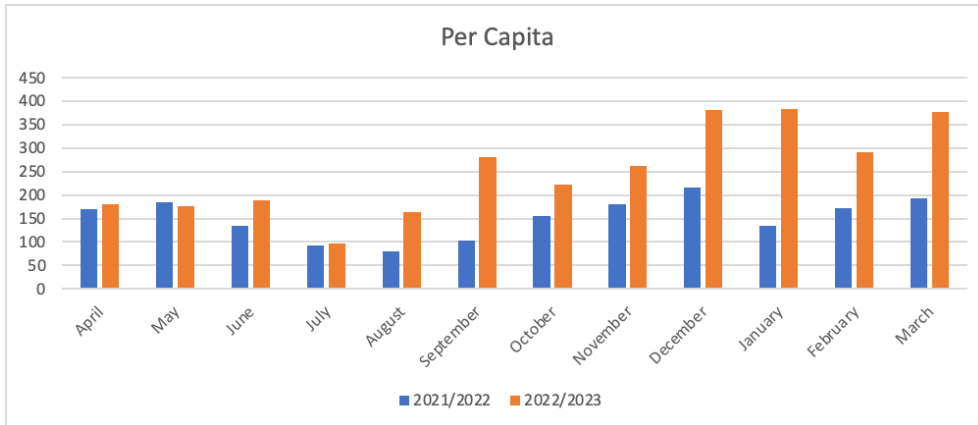
The pressures of **increased demand for emergency food parcels** has been exacerbated by what currently is a slight **decrease in the food being donated** to our Foodbank as we all strive to "tighten our belts". Whilst currently we are still able to meet the increase in demand, we must also now work harder to **find more creative ways to inform the general public/donors what food items we are running low on each month**. Please do read the article on the **Bank the Food APP** annexed to this Newsletter.

### Emergency Food Parcels Provided 2021/22 - 2022/23 comparison

The number of emergency food parcels provided within our community by the Clacton Foodbank has **increased by a massive 61%** compared between the two annual periods April 2021/March 2022 and April 2022/March 2023

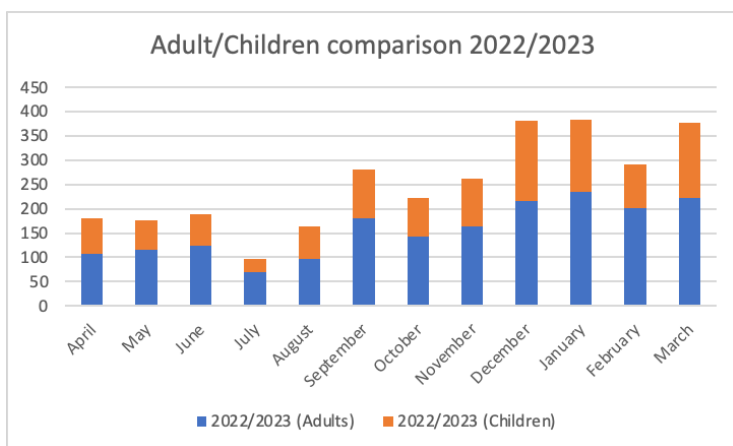
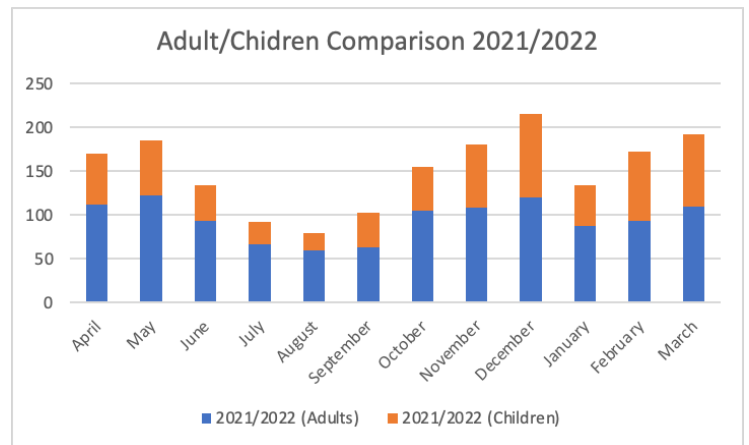


As the graphs indicate that **increase continues to rise**. As it does, our need also grows for the continued support of the community and their generosity in respect of both food and financial donations, enabling us to continue to support individuals and families in emergency food crisis



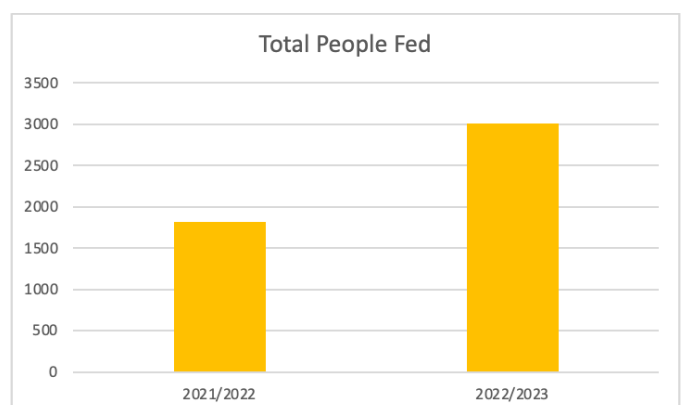
There has been an **increase of 66% of people** in our community needing support from the Clacton Foodbank because they are in **emergency food crisis**, compared year on year between 2021/22 and 2022/23.

The graphs to the right and below show the numbers of adults and children supported by the Clacton Foodbank during 2021/22 (right) and 2022/23 (below). The number of **adults** alone has **increased from 1141 to 1874** (a rise of **64%** across the 2 year period)



Whilst the overall numbers between the two comparison years have grown quite significantly, these graphs show the further very **worrying trend of children who are growing up in poverty** within our local area. That **number of children has increased from 671 to 1130** (a rise of **68%** across the 2 year period)

The graph to the right shows the **significant increase in the numbers of people referred to the Clacton Foodbank** over the past two years. During April 2021/22 there were a total of **1812** (and **820** food parcels). During April 2022/23 there were a total of **3004** people (and **1323** food parcels).



# Reasons for needing an Emergency Food Parcel

There has been no change between 2021/22 and 2022/23 in the two highest reasons for why referrals to our Foodbank have been made. These remain constant being firstly **low income** and secondary **benefits changes/benefits delays**. The third highest reason has however changed from **debt** in 2021 to **homelessness** in 2022. This remains very worrying as it isn't too difficult to imagine that debt could be leading to homelessness and thus further exacerbate the challenges within our community. Wards have not changed between 2021/22 and 2022/23 being: (1) Pier; (2) St James; (3) Bluehouse.

## 2021

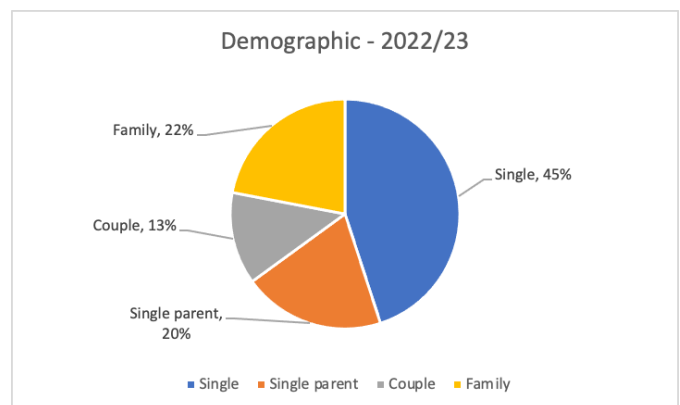
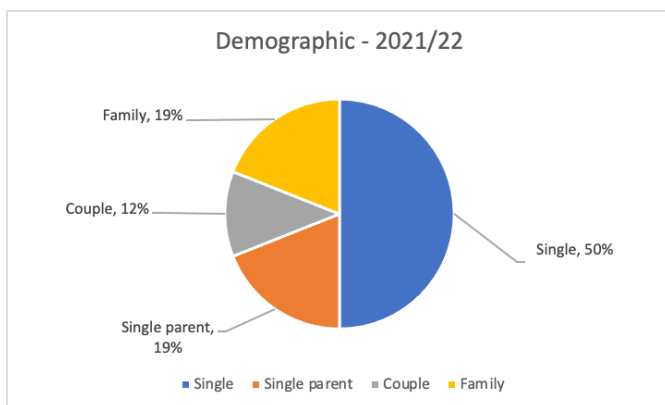
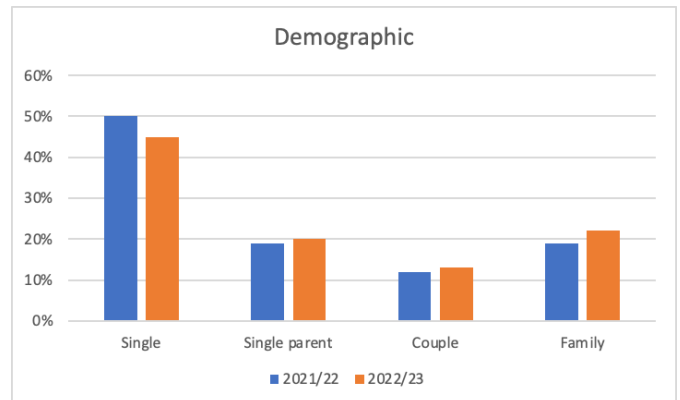
- 1 - Low Income
- 2 - Benefit Changes / Benefit Delays
- 3 - Debt

## 2022

- 1 - Low Income
- 2 - Benefit Changes / Benefit Delays
- 3 - Homeless

# Demographic

These 3 graphs depict **who is using our Foodbank** and compares between 2021/22 and 2022/23. There have been small changes in the demographic between 2021/22 and 2022/23 but this still holds with around 50% of Foodbank users being single and the remaining 50% being made up of single parent, couples and families. There has been a slight increase in family users and a small drop in single users



The Clacton Foodbank is grateful for every donation be this food, financial or both, which continue to ensure that whilst there remains a need for emergency food parcels in our community, we are able to provide them. **The overriding aim of the Trussell Trust and the UK Foodbanks they supports is to end food poverty and therefore eradicate the need for Foodbanks as they exist today.**

## This month's real life stories

### ANITA'S STORY

Anita was working in education when a problem with her tax credits meant she was forced to use a foodbank.

"I was suddenly plunged into a financial nightmare, not knowing how I was going to pay my bills, feed myself and my daughter, buy things we needed..."

"I remember sitting in the waiting room, with my daughter, waiting to be given a food parcel. I was holding back my tears not wanting my daughter to see me upset and thinking 'how has it got to this?'"

"We need to get rid of food banks. We need change – a real living wage, benefits that reflect the cost of living, more social housing. Poverty does not discriminate – it can and will single you out through no fault of your own. We need to bring people together to think about whether this is the life we want – and how we can change it. It's the community that can influence change."

*(Story previously reported by The Trussell Trust)*



### A FIRST TIME VOLUNTEER'S STORY

'*Clacton Foodbank, raising awareness*' - within the first 5 minutes of my 2 hour voluntary session along with the volunteers supporting **Clacton Foodbank at Tesco, Brook Retail Park**, I had already lost all accountability of the number of times I had said this while handing out leaflets to visitors at the store. Of greater concern was how many more times would I be saying this during the remaining 115 minutes of my 120 minutes volunteer session? The leaflet is designed to raise awareness of **People in Crisis** and reach out to shoppers, if they are willing, to buy just one or two extra food items while doing their own shop, which they can donate to the Foodbank collection point always inside their Tesco store.

The friendliness of the customers and the strong teamwork demonstrated by the group of volunteers combined together to make those 2 hours fly by, although I must confess that by this time my voice felt it desired a rest; possibly the same sentiments were felt by all.

Of greatest importance though was the **generosity of the many Tesco customers** who so kindly 'bought extra' and donated to the Foodbank.

One question I was asked and sticks in my mind was '**Who does the food go to?**' To answer, food collected by each of the 1200 or so **Trussell Trust supported Foodbanks** existing across the UK, provide on average **an emergency food parcel every 13 seconds to local people** in the area - that's 14 emergency food parcels in the time it takes to boil a kettle! The generosity seen today has been amazing. There is at least one Foodbank in most towns across the UK and it is **managed by local volunteers, to support local people** through the generosity and compassion of local people. To achieve the Trussell Trust's vision of **a UK without the need for Foodbanks**, they reach out for ongoing help from us - the local people. **The Clacton Foodbank is committed to help local people in crisis for as long as that need exists.** *(The event referenced took place on 1 December 2022).*







**April 2023 - Our warehouse is running low on the following items -**

**PLEASE HELP IF YOU CAN**

Upto date information is always available on the BanktheFood App



We urgently need:

- Dried rice
- Tinned fish
- Tinned tomatoes
- Instant mash
- Longlife sponge puddings
- Custard (Tinned or packet)
- Tinned carrots
- Tinned potatoes
- Deodorant
- Shaving foam
- Razors
- Tinned fruit
- (Correct at 12 April 2023)

Donations may be made at the collection points in the following locations - Tesco Superstore (Brook Retail Park), Asda Superstore (Bull Hill Road), Co-Op (Coopers Lane), Co-Op Daily (Old Road and Frinton Road), Lidl (St Osyth Road), Morrisons (Waterglade Retail Park), Sainsbury's (St John's Road).

The community together supporting neighbours in food crisis.

Thank you for your help.



## CLACTON FOODBANK - \*PLEASE REACH OUT FOR OUR HELP

“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.

**\*IMPORTANT** - Our foodbank works using a voucher referral system. In order to get help from our foodbank, you will need a voucher issued by local agencies.

## FOODBANK VOUCHERS

We know that anyone can find themselves at crisis point for a number of different reasons. In order to provide the most appropriate help for the circumstances of your situation we work with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis.

For further help and support please ring 0808 208 2138 - HELP THROUGH HARDSHIP. Opening hours Monday - Friday 9am to 5pm. Closed Bank Holidays.

## Local food drop of points - supporting Clacton Foodbank

**Tesco Superstore**  
Brook Retail Park  
London Road  
Clacton-on-Sea  
CO15 4EF

**Sainsburys Local**  
St Johns Road  
Clacton-on-Sea  
CO16 8DU

**Morrisons**  
Waterglade Retail Park  
Old Road  
Clacton-on-Sea  
CO15 1HX

**Co-Op Foodstore**  
Coopers Lane  
Clacton-on-Sea  
CO15 2BX

**Lidl**  
St Osyth Road  
Clacton-on-Sea  
CO15 3BN

**Asda**  
Superstore  
Bull Hill Road  
Clacton-on-Sea  
CO15 4AU

**Co-Op Daily**  
Old Road  
Clacton-on-Sea  
CO15 3AY

**Co-Op Daily**  
53 Frinton Road  
Clacton-on-Sea  
CO15 5UH



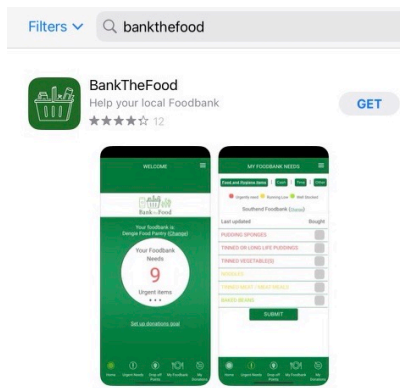
**FEEDBACK** - We hope you have enjoyed reading our Newsletter. We hope you will take a few moments to share your thoughts about our re-launched publication and let us know about any articles or features you would like us to consider covering in future issues.

# BanktheFood App ... Downloading and Using

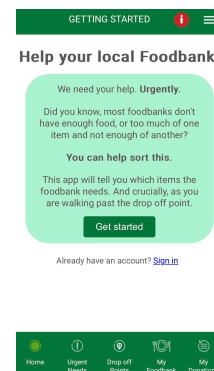
The ability for our Foodbank to help local people in food crisis is heavily dependent on the generosity of those prepared to give. Much of our food donations come from individuals; the shoppers who drop off items in one of our 8 food collection points located in Clacton. Just one item from our **Urgently Needed** list makes a meaningful difference to someone in our local community.

It is easy to download and use the BanktheFood App, which allows our local Foodbanks to let users know immediately which items they are running short of and for users to be safe in the knowledge that by making donations from this list, they are immediately and directly making a positive difference to those in the local community not only going hungry but also going without the necessary nutrition our bodies require.

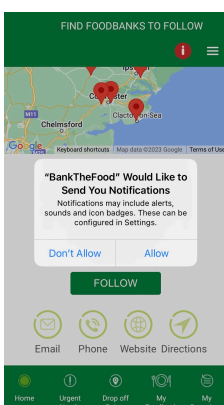
## Step 1 - Download and open 'BanktheFood' from the App store



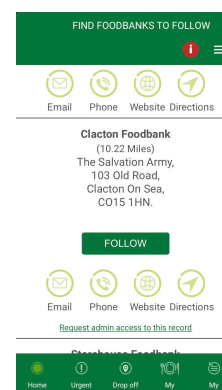
## Step 2 - Simply click 'Get started' and then click 'FIND FOODBANKS'



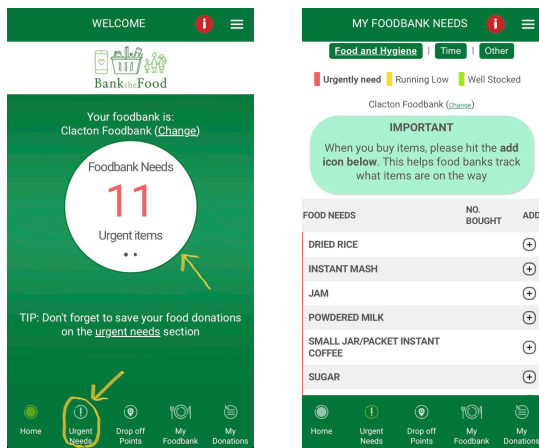
## Step 3 - Select whether you would like BanktheFood to send you notifications



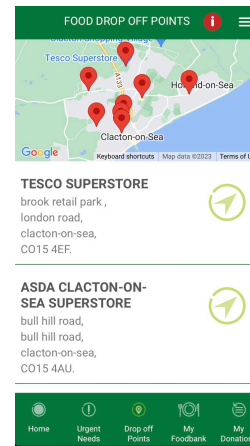
## Step 4 - Then closest Foodbanks to your location are shown. Scroll down and click 'FOLLOW' your chosen Foodbank



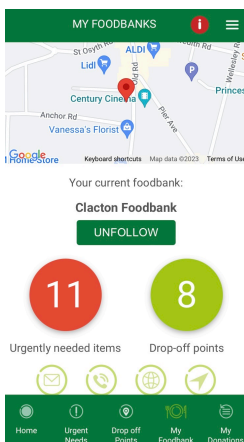
**Step 5 - To see the items urgently needed by your Foodbank click in the circle 'Foodbank Needs'; or click the information icon at the base of the page (arrowed). By adding the quantity and clicking 'Add' allows the Foodbank to track items coming to them and your donations are recorded in the App (see '8' below)**



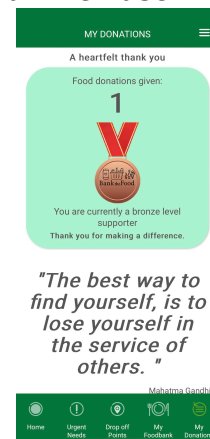
**Step 6 - Using the icon 'Drop off points' at the base of the screen locate all food drop off points which support the Clacton Foodbank**



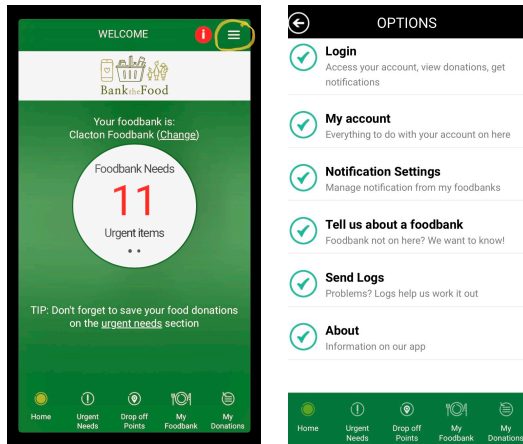
**Step 7 - 'My Foodbank' icon at the base of the page offers useful contact information**



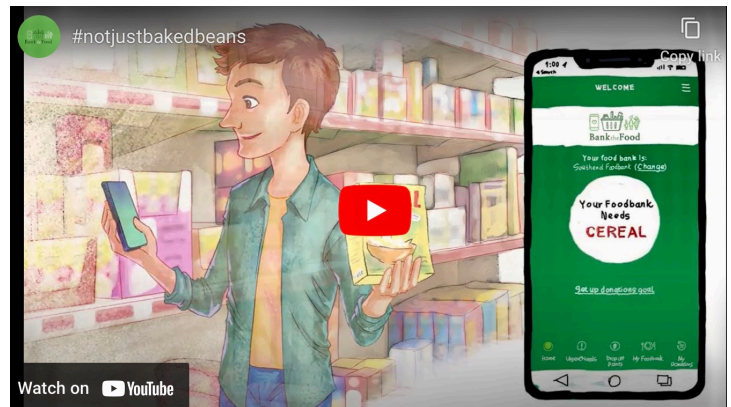
**Step 8 - When you click 'Add' on the 'Urgent Needs' page the App automatically records your donation which can be viewed by clicking 'My Donations' at the base**



**Step 9 - Use the 'Hamburger' icon (circled top right) to set up/log in an account, view information relevant to your account and manage settings etc...**



**WATCH THE SHORT VIDEO:**  
<https://youtu.be/drXCmOXun78>



Joe Lycett kindly provided the voice over for our animation and says, "I was shocked to hear how many food banks there are in the UK and how much pressure they are under. Like many of us, I try to support but often feel like I'm guessing at what to buy when in the supermarket. BanktheFood is a frankly brilliant idea that will hopefully help the thousands of food banks in the UK get the supplies they need, when they need them. I'm proud to support them".

## BanktheFood urges use of their app to donate to your local Foodbank

BanktheFood is reaching out to download its free app to help facilitate the donation of high-priority goods to Foodbanks.

The app works by sending donors a real-time list explaining what essential items their closest food bank is looking for.

Users can also take advantage of a 'ping' reminder of what their local food bank is low on upon arrival at a supermarket – encouraging the addition of an item to the shopping trolley for drop off at the nearest in-store donation point.

Our Foodbank is alerted of each donation anonymously, helping us to continuously track and locate the items we desperately need.

At the Clacton Foodbank we are very excited about this innovation - We provide three days of emergency food parcels – enough for three meals a day for three days. This means we need different food to make up those meals and can often be short of certain items while we have temporary surplus of other items.

The BanktheFood app makes it easier for people to know what we need and when. It's easy to use and a simple way to help the people around us struggling and in need of help now more than ever. The app means it should be easier for people using Foodbanks to get the correct balance of what they need. Each food donation made puts food on the table of a local person in food crisis.

