



New Monthly Newsletter #November 2017

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Harvest Thank-You

Thank you to the many schools, churches and organisations that have made special collections for the Foodbank this Harvest. This is an important time of year for boosting our stocks, and we are grateful for the numerous donations. As you can see our drivers have been out and about picking up the fruits of your efforts, especially from many schools.



Neston Foodbank Session Move

The Neston Foodbank session is moving from the Parish Church of St Mary's & St Helen's to **Neston Community and Youth Centre (NCYC) on Burton Road, Neston**

We are incredibly grateful for the hospitality that the Rev Alan Dawson has shown to the foodbank team, and for all support they have given during our time there. We may be moving out of the church's building, but we remain rooted in Churches Together in Neston.

We will be working with the team at NCYC to develop our 'Meeting Place' approach to supporting people who need emergency food. This will involve bringing together expert support, such as Citizens Advice, and opportunities for people to get involved in the community activities going on at centre. These can involve cooking, eating and growing food. We hope lasting relationships will be built to help local people who are struggling.

Our team will be at the Centre on **Burton Road, Neston** every **Thursday, 10 am - 12 noon. from Thursday 16th November.** Why not pop in for a cup of tea?

Universal Credit - Grace's Story

The stories, headlines and opinions in our national newspapers, and from online commentators, are changing attitudes and awareness about Universal Credit. Sharing the real stories of those affected is very powerful, and can really influence decision makers. It is our privilege to share Grace's story with you on our website. Thank you to Grace and others who have shared their reality and are bringing about change. <https://westcheshire.foodbank.org.uk/2017/11/02/universal-credit-graces-story/>

Reverse Advent Calendar 2017



What We Need Most This Christmas

- Milk UHT
- Juice
- Cereal
- Tinned Potatoes
- Coffee 100gm
- Biscuits
- Tinned Custard
- Pasta Sauces/
- Curry Sauces
- Jams
- Cuppa Soup
- Instant Mash

Reverse Advent Calendar

An idea to help your local foodbank this holiday season has been circulating in the form of a "Reverse Advent Calendar". Add an item to a box for each day of advent this year and donate them to us at the end!*



*please note items donated close to Christmas will not be distributed until the New Year so there is no rush to bring them before January.

Our warehouse is open Mon, Tues, Thurs, & Fri 9 am – 1pm. Pop by with your donation & say hi ☺

Last day before Christmas – Friday 22nd December 2017
Open 9am-1pm on 28th & 29th December 2017
Closed all the Bank Holidays
Re-opening on Tuesday 2nd January 2018



Some More Ideas From Our Shopping List

- Tinned Vegetables
- Tinned Tomatoes
- Pot Noodles
- Tinned Fruit
- Spreads
- Instant Coffee
- Rice Pudding
- Tinned Soup

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The 'Reverse Advent Calendar' is back for Christmas 2017. For information see our poster and keep an eye on our twitter and Facebook for updates closer to December.



Useful Money Saving Tips

At the Eaton Hall Gardens Charity Open Day, there was a competition asking people to provide their best money saving tip. Over the next couple of months wanted to share a few more we thought were particularly useful.

- Use one saucepan and cook potatoes and carrots together and when nearly done, add your green veg; saves energy and washing up.
- Try tinned mackerel in tomato sauce with stir fry veg – fish and sauce all in one for under £1.
- If you buy fresh veg or fruit but only want to use some straight away, chop them up and freeze so you can easily grab a handful of courgettes or leeks next time you want to put them in a recipe.
- Don't buy "baking potatoes", buy large loose potatoes or a bag with larger ones in.
- Buy a whole chicken for a roast meal, not expensive chicken breasts / fillets, then have the remains cold or in a curry. Use the carcass to make a stock, to make a base for soup or broth.

If you want to know more about **Pop Up Cooking** please call in to **Trinity Methodist Church, Ellesmere Port** on a Thursday morning between **10 am and 12:00 noon** and see Wendy or Tina.

ITEMS NEEDED:

Our warehouse stock of: **mashed potatoes, UHT juice, custard** and **jams/spreads** are running low.

We would be very grateful if your donations included these items.

Thank you very much from everyone at West Cheshire Foodbank.



Tesco Supermarket Collection

We are looking for volunteers to help with our super-market collection at the two Tesco stores in Chester. Frodsham Street (City Centre) and Sealand Road.

Thursday 30th Nov, Friday 1st Dec & Saturday 2nd Dec

Volunteers simply hand out shopping lists to shoppers as they come into the store and to help collect donations of food as they leave. All volunteers will be fully briefed. We aim to have 4 people on duty at all times at both stores, doing 2 hour slots between 10:00 and 16:00

If you are interested in helping out (16 plus only) please email volunteer@westcheshire.foodbank.org.uk (or ring 0151 355 7730)