



### **WHAT HAPPENS AT A FOODBANK?**

Foodbank clients bring their voucher to a foodbank centre where it can be redeemed for three days' emergency food. Volunteers meet clients over a warm drink or free hot meal and are able to signpost people to agencies able to solve the longer-term problem.

### **WHAT IS IN A TYPICAL FOOD PARCEL?**

**Food parcels can include:**

Breakfast cereals, soup, pasta, rice, pasta sauce, tinned beans, tinned meat, tinned vegetables, tinned fruit, tea or coffee, sugar, biscuits and snacks

### **DIETARY REQUIREMENTS**

The Foodbank can usually adapt your food parcel to meet your dietary needs, for example, gluten free, halal or vegetarian. When you arrive at the foodbank centre, a volunteer will chat to you about any special dietary requirements you may have.

### **FOODBANK LOCATIONS**

<https://sthelens.foodbank.org.uk/locations/>

**ST HELENS FOODBANK**  
**HELPING LOCAL**  
**PEOPLE IN CRISIS**