

# Yes, I'd like to help local people in crisis...

- Please send me information about Harlow foodbank
- I enclose a donation of £.....  
Cheques made payable to Michael Roberts Charitable Trust  
(Please complete your name and address details below and tick the Gift Aid box if you can)
- I would like to make a regular donation to Harlow foodbank. Please send me a standing order form

Any donation you make will help Harlow foodbank continue its vital work of feeding people in crisis in Harlow and the surrounding area. Regular giving, of even small amounts like £5 a month help greatly.

## Your details

Name: .....

Address: .....

Postcode: .....

Telephone: .....

Email: .....

Tick here to receive our newsletter

# Restoring dignity reviving hope

Harlow foodbank is part of The Trussell Trust's UK-wide foodbank network. This helps local churches and communities to open foodbanks, providing emergency food to thousands of people nationwide every year.

[www.trusselltrust.org/foodbank-projects](http://www.trusselltrust.org/foodbank-projects)



# Feeding local people in crisis



## Contact us

We would love to hear from you. Harlow foodbank is coordinated by:-

### Michael Roberts Charitable Trust



The Rainbow Centre  
2 Wych Elm  
Harlow  
Essex CM20 1QP

01279 724515

[harlowfoodbank@mrct.org.uk](mailto:harlowfoodbank@mrct.org.uk)  
[www.mrct.org.uk/foodbank](http://www.mrct.org.uk/foodbank)



MRCT is a member of the Harlow & District Chamber of Commerce, Harlow Voluntary Sector Forum, Heart4Harlow and Faithworks  
Registered Charity No: 1065006 Registered Company No: 3439299



*giftaid it*

Tick to add an extra 25p to every £1 you give

Yes, I pay tax in the UK and would like Michael Roberts Charitable Trust to treat as Gift Aid, all gifts I have made in the past 6 years, and any future gifts, unless I inform you otherwise.  
(You must pay income tax/capital gains tax at least equal to the amount of tax reclaimed on your donations).

# People in Harlow are going hungry today...



You may not believe it, but the Harlow district falls into the 30% most deprived districts nationally.\*

When you have no financial safety net, a sudden crisis, such as benefit delay, benefit changes, low income, domestic violence, redundancy or bereavement, it can leave you unable to feed yourself or your family.

Such situations can quickly deteriorate, leading to relationship breakdown, house repossession or worse. Harlow foodbank works to support people who find themselves on the edge of a crisis.

\*Indices of Multiple Deprivation 2010



## So, how do we help?

Harlow foodbank gives out nutritionally balanced emergency food to people in crisis who have nowhere else to turn.

It is a community project which works with local churches, schools, businesses and individuals in support of local people in crisis.

Foodbanks also offer additional support to help break the cycle of poverty, putting people in touch with relevant agencies who can offer further support.

## How it works

- Food is donated by the people of Harlow and the surrounding area
- Volunteers sort and pack the food into foodboxes. Each foodbox contains enough food for 3 days
- We partner with front-line care professionals, who identify people in crisis and give them a voucher
- On taking their voucher to the foodbank centre, people receive a warm welcome, a hot drink and a foodbox
- We also put people in touch with agencies who can help resolve the underlying causes of the crisis
- Harlow foodbank also provides foodboxes to other charities and agencies for their clients with immediate needs

### Shopping list

Milk (UHT or powdered)  
 Sugar (500g)  
 Fruit juice (carton)  
 Soup  
 Pasta sauce  
 Sponge pudding (tinned)  
 Tomatoes (tinned)  
 Cereal

Rice pudding (tinned)  
 Tea bags / Instant coffee  
 Instant mash potato  
 Rice/Pasta  
 Tinned meat/fish  
 Tinned fruit  
 Jam  
 Biscuits or snack bars



## Can you help?

- Donate food to Harlow foodbank (see shopping list)
- Give your time as a volunteer:
  - by befriending people or giving out food at the foodbank satellite centre
  - by helping at one of our supermarket collections
  - by sorting and packing food at the foodbank warehouse
  - by helping out at harvest collections
- Give a financial gift towards our running costs
  - a one off gift or through a standing order
  - alternatively you might want to leave us a legacy in your will
- Fundraise by putting on an event
  - get your workplace, school or church involved or get sponsored to do something exciting!