

Foodbank Donations

Thank you!

#AshVillagesFoodParcelsProject ideas for your donations...

Pack in some Protein

Hotdogs
Tinned Curry
Tinned Ham
Tinned Corned beef
Tinned Beef Mince
Tinned Meatballs
Tinned Fish
Tinned Tofu
Tinned Chickpeas
Tinned Kidney Beans
Tinned Lentils

Crucial Carbs

Pasta / instant noodles
Rice / Microwave Rice
Cous-cous

Versatile Veg

Tinned tomatoes
Baked Beans
Tinned Sweetcorn
Tinned Chickpeas
Dried beans / lentils

Do Flavour a Favour

Pasta sauce / Curry sauce
Sweet & sour sauce
Herbs & spices
Gravy granules / Ketchup

Breakfast & Brew

Cereal / granola
Porridge / instant oats
UHT Milk
Tea / Coffee / Sugar

Baby Bank

nappies / wipes / formula

Treats and sweets

biscuits / sweets / crisps
Jam / honey / Choc spread
Rice pudding / tinned fruit

Don't forget pets...

Dog food / Cat food
Pet supplies and treats
Cat litter

Toiletries

Shower gel / shampoo
Loo roll / sanitary items
Toothpaste

If your cupboards were empty at home... what would you like to receive in a parcel?

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Ash Villages Food Parcels Project

Who are we? The Ash Villages Food Parcels Project is a joint project between St Mary's in Ash Vale and the Ash Villages Support Circle. We started in Covid, but local needs mean that we have kept the project going and will keep going until we aren't needed any more.

Who gets the food parcels? We serve local people in crisis in Ash, Ash Vale, Ash Green and Tongham. Anyone in need can be referred to us by Citizens Advice, social services, health visitors, doctors, schools, local churches, and other agencies.

Where can I find out more? We have a page on the St Mary's website which they kindly host for us for free. <https://ash-vale.org.uk/foodparcels-2/> You can find news, seasonal appeals and our latest needs on the website. If you need to contact us directly you can email foodparcels@ash-vale.org.uk

Where can I find a live list of what you need the most? There's an App for that! We use the mobile phone app "Bank the Food". You can download it from the app store and search for Ash Villages Food Parcels Project to see the urgent needs list each week.

Thank you for your support!

***With your help we can make sure that
no one in our local community has to go hungry.***