

# Donating food to the Foodbank

Our Food Bank relies on regular donations of food, toiletries and household items from the local community. Over 90% of the food we distribute is provided by people from the Bishop's Stortford area. Each donation supports our ability to give everyone referred to us an emergency food parcel.

## What to donate

We are currently short of:

- Sponge puddings
- Tinned meat
- Tinned fish
- Tinned vegetables
- Crisps
- Juice
- Squash
- Chocolate

## These are the items we always need:

- Cereal
- Soup
- Pasta
- Rice
- Tinned tomatoes/pasta sauce
- Baked Beans/tinned spaghetti
- Tinned meat
- Tinned vegetables
- Tea/coffee
- Tinned fruit
- Biscuits
- UHT milk
- Fruit juice
- Squash
- Sugar
- Crisps

## We always welcome donations of the following non-food items:

- **Toiletries** – deodorant, toilet paper, shower gel, shaving gel, razors, shampoo, conditioner, soap, toothbrushes, toothpaste and hand wipes.
- **Feminine products** – sanitary towels and tampons.
- **Baby supplies** – nappies, baby wipes and baby food.
- **Household items** – laundry liquid detergent, washing powder, bleach, antibacterial spray and washing up liquid.

## Where to donate

You can drop off donations at the Food Bank – see the [contact us](#) page for directions – during our opening hours:

Monday: 10.00 am to 1.00 pm

Tuesday: 10.00 am to 4.00 pm

Thursday: 10.00 am to 4.00 pm

There are also collection points at Tesco in Bishop's Park, Waitrose, and Thorley and Jackson Square Sainsbury's. If you can't find the collection point, please ask a member of staff.

## Amazon Wish List

We also have an Amazon Wish List set up for the Bishop's Stortford Food Bank. A great way to donate without having to remember to pick something up from the supermarket!