



Do t turn your back

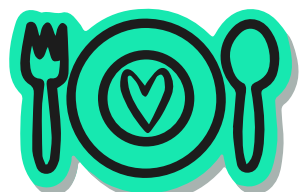
**“Telling my
kids I don’t
have enough
food is
unbearable.”**

19 - 20 MARCH

**36 HOURS
URGENT APPEAL**



charityextra.com/foodbankaid



FOOD BANK AID



100%

Every penny raised
will be spent on food
and essentials.

From the start of winter, October 2022, we have seen a 34% increase in demand across all the food banks we support.

Since April 2020 we have given out more than £3.2 million in food and goods. Food Bank Aid supports 21 North London food banks who in turn help over 14,000 people including 4,000 children each week. Also, on a weekly basis we deliver more than 60,000 items in 50 car loads.

- Over **£3.2m** worth of goods given since inception in 2020
- Supports 21 food banks, and more on a waiting list
- Which help **14000+** people, including **4000+** children
- Delivers over **60,000** items weekly
- Meets cultural and dietary needs
- Shares across communities to serve the less well supported
- Mobilises **250+** community volunteers
- Our USP ensures no waste of goods space and time
- Ensures easy giving at **50+** drop off points 24/7
- Minimal running costs – less than 14%

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