



Sunday 13th June is “foodbank Sunday”

You may not have thought it but 30,000 people in Orpington are living on the edge of poverty. Orpington **foodbank** is part of a national network of foodbanks giving out nutritionally balanced emergency food to people in crisis who have nowhere else to turn. By donating food on a regular basis the church enables the compassion of God to be shown in our community. For more information check out the

website www.orpingtonfoodbank.co.uk

or call 07774 526562

Orpington **foodbank** opens on 21st June 2010. We want to stock up in preparation for this; a number of Orpington Churches are joining in with **foodbank** Sunday collecting food however donations are always welcome. Donations can be brought to Oak Community Church Chipperfield Road on Sunday afternoon or to the **foodbank** centre at 6 Ranmore Path, Orpington, BR5 2HP on Monday 14th or Tuesday 15th please ring the above number to arrange the delivery time.

The most necessary items are as follows:

- Milk (UHT or powdered)
- Sugar
- Fruit Juice (carton)
- Soup
- Pasta Sauces
- Sponge Pudding (Tinned)
- Tomatoes (Tinned)
- Cereals
- Rice Pudding (Tinned)
- Tea Bags/inst coffee
- Instant Mash Potato
- Rice/Pasta
- Tinned Meat/Fish
- Tinned Fruit
- Jam
- Biscuits or snack bars

foodbank gives three days of emergency food to individuals and families in crisis. Local care professionals in the Orpington area refer people to us using a food voucher. At the **foodbank** centre clients exchange their voucher for food supplies. Here they also receive a cup of tea or coffee, a listening ear and signposting to other professionals who can help them out of their crisis. **foodbank** is supported by churches in Orpington and surrounding areas but also allows the general public to contribute to, and support local well-being in a simple practical way.