

PENZANCE FOOD BANK

It does not take long for anyone's life to be turned upside down by unforeseen circumstances, especially if that person has already been finding it difficult to make ends meet. If a drowning person shouts 'Help!' the lifeboat crew doesn't have a discussion on what caused their circumstances - the call is urgent and the response is immediate.

The people who come to us at the Food Bank may not necessarily be in life-threatening circumstances – although some may not be far from it – nevertheless their needs are real and we cannot stand by doing nothing.

The Penzance Food Bank is supported by Churches Together In Penzance Area (CTIPA), and is run by a management group of 5 people. We issue vouchers to various agents such as doctors, social workers, schools and clergy who give them to people they know to be in need. Each voucher entitles one person to have 7 days supply of non-perishable food free of charge. Normally the vouchers will only be given to the same person for a period of up to 3 weeks. We also have tubs of non-food items such as toilet paper, kitchen roll, and toiletries, and each person can have the choice of two of these items every week. Counselling facilities are also offered.

No one can come to us for food unless they have a voucher.

Donations of non-perishable food etc. are made by churches, individuals and supermarkets and are brought to our centre located near the shops on the Treneere Estate, every Thursday between 9am and 10am. Pre-prepared boxes are available between 10am and noon, and every help will be given to those who come. Tea, coffee and biscuits are also provided.

Financial donations are always welcome as money is needed to meet running expenses, and to purchase any food items we need but have not been donated. Cash can be given to the local co-ordinator in each church who will pass it on to me. Cheques should be made payable to 'CTIPA Food Bank' and sent to me at my address shown on the back page of this magazine.

It is extraordinary that we have come to this situation but believe me the needs are real and genuine. We realise that many people are embarrassed at finding themselves in these circumstances so everyone who helps us is required to sign a statement of confidentiality. We will not disclose anyone's details whatsoever, or even give anonymous illustrations of people being helped so that no one can be identified.

It should not be difficult to know why we are motivated to do what we are doing:

“Whatever you did for one of the least of these brothers of mine, you did for me” (Matt.25.40).

“Love your neighbour as yourself” (quoted by Jesus in the parable of the Good Samaritan – Luke 10.29-37).

A helping hand is a heart with fingers. Will you give us, and those in need, a helping hand?

Revd. David Mann. - Funding Manager, Penzance Food Bank.

SOME SUGGESTIONS FOR YOUR FOOD BANK SHOPPING LIST

Tinned vegetables, meat, fish, fruit, soup,	Jam/marmalade/syrup/honey
Meat spreads/chocolate spread	Fruit juice/squash
UHT milk, Sugar, tea, coffee	Cereals; Biscuits
Cooking sauces, tomato/brown sauce;	Pasta/rice, , Packet mash
Stock cubes, herbs	
Toiletries; Toilet roll/kitchen roll	