

**Reaching out to the community in crisis situations**

**Happy New Year**

As we reflect on 2025 in the Food Bank, we are amazed that we provided 57,780 meals from 1941 referrals—2% less than last year. We can be pleased that there are less people using the Food Bank but we are also aware that many people don't even know about us—& that can work both ways. This year we have helped people fleeing domestic violence, people who have had extra large utility bills due to the increases, a family who's car broke down, a family who were facing the loss of a close family member & the extra cost that that incurs. Some people just need that extra support and we are there in that time of crisis.

In 2026, we are just as committed to serving the Community in Crisis—hoping that maybe the percentage is down at the end of the year again! We just want to reinforce our gratitude to you because we couldn't do what we do without you supporting through food donations, money donations and simply spreading the word. The amazing volunteers that we have who tirelessly work away in the background, collecting, dating, packing, delivering ... everyone is part of a great Team and it is a pleasure to work with you all. Thank you.

*Let's take a moment to reflect on our talents and how we can use them in serving others, both as a joy for ourselves and as a blessing to those around us. 1 Corinthians 12:4-6*

**STATS TO DATE:**

**Referrals: 239**

**Meals Provided:  
7050**

**Starter Kitchens: 6**

**Kettle Packs: 22**

**URGENT NEEDS**

- **Strong Carrier Bags**
- **Dried Pasta**
- **Cereal**
- **Small jars of coffee**
- **Meat in Sauce**
- **Corned Beef**

## Welcome to our new Food Bank Assistant, Ligia

In January, we welcomed Ligia to the Team. I'll let her introduce herself!



Hi, my name is Ligia and I am a the new Assistant member of the King's Food Bank community.

I find great joy in serving others and supporting the church family where I am part of. I believe that small acts of kindness can make a big difference.

In my free time, I love capturing the beauty of the outdoors (specially around Cumbria) through photography

and exploring nature with my daughter. I treasure spending quality time with my family and friends and creating meaningful memories together.

I am passionate about interior design, decorations and the art of beauty and I enjoy bringing creativity and warmth into spaces around me.

For me, faith, family, community and compassion are the centre of everything I do.

It's great having you on board!

## Save the Date!!

**Saturday 19th May 2026**

We are having a King's Food Bank fund raising dinner at  
Kendal College.

There will be live music, an auction and good food!

There will only be 50 tickets available so booking early is essential.

I will email more information when available.

## Morrison's Food Drive

We had a super time at Morrison's again at the beginning of February. It is always lovely to get out into the Community and share about the work we do ... & fill 3 trolleys!

We really appreciate the preparation that Rachel, Morrison's Community Champion does ahead of us coming—someone has to fill all of the green bags—plus her continued support throughout the year! A big thank you, Rachel!



We also appreciate Morrison's customers who regularly purchase a green bag with their shopping. Please know that every contribution gets added to the meals we provide—that's 7050 already this year!

**THANK YOU MORRISON'S!**

## Back to School!

In February, I was invited to one of the local schools to give a talk about the Food Bank. As I prepared what I was going to say, I was aware that some of the children may have received food parcels and so I had to talk about the work we do in an upbeat positive way that wouldn't scare the children.

It was a good exercise in re-evaluating the work we do & really highlighted the difference we make.

The children were brilliant at engaging with the questions, for example, thinking about why we need food banks, guessing what we might put in the bags & the things we definitely wouldn't put in a bag! We were able to talk about the different food we give to people living in emergency accommodation or on the street.



Their teachers are setting up a donation point within the school, so for me, the most important thing was to include them as part of the team supporting people who are in crisis, explaining that when people thank us for what we do, we are also thanking them because without the donations we can't help.

I really enjoyed my visit!

## Thank You

We are so grateful to everyone who supports the Food Bank. When I reconcile the accounts at the end of the month, we have donations from people we don't even know.

From time to time, we receive monetary donations from companies & organisations.

Booths, Kendal—thank you so much for your generosity. Lake District Estates—thank you so much for your funding so that we can continue to buy toiletries for our services users.

To Councillor Phil, for your donation towards the work of the Food Bank.

Plants on the Green in Levens, this is a brilliant community resource & the local Food Banks benefit from the proceeds.

To the couple who were getting married in Kendal & as a thank you to their witnesses, they made donations to charity & we benefitted from it.

We also want to say thank you to the local PCC's, faith communities, individuals & you, who support the Food Bank in whatever way is appropriate, we are very much Team!

As I often say, thank you never seems to do justice to how grateful we are.

## Donation Points

We have a number of donation points throughout Kendal.

- Asda, Morrisons & Booths
- Lound Road Garage
- Kendal Town Hall
- Nat West Bank
- Kendal Library
- Lakeland Maize Egg Shop



A gentle reminder that we are unable to give alcoholic drinks, chocolates or preserves with alcohol in to our clients.

## Shopping List

**Pesto**  
**Tinned Fish**  
**Meat in Sauce**  
**Small jars of Coffee**  
**Corned Beef**  
**Micro Wave Rice**  
**Instant Pasta**  
**Pasta Sauce**  
**Tinned Veg**  
**Instant Noodles**  
**Cup a Soup**  
**Dried Pasta**

## URGENT REQUEST

We make our deliveries in bags for life and like to recycle bags wherever possible. Do you have any clean bags for life which are not needed? The bags don't have to be new just clean and in good condition. They can be left in any of our donation points.

**“I was hungry and you gave me food,  
I was thirsty and you gave me a drink,  
I was a stranger and you welcomed me”**  
Matthew 25 v. 35