

How you can help

There are many ways you can support our work – and help local people.



Raise funds

For fundraising resources, ideas and events, please visit braintreearea.foodbank.org.uk/support-us/fundraise



Volunteer

Could you spare some time to support people facing hardship? Visit braintreearea.foodbank.org.uk/support-us/volunteer



Donate food

Find our list of most needed items, and how to donate at braintreearea.foodbank.org.uk/support-us/donate-food



Donate money

Your support is crucial. To make a financial donation, please visit braintreearea.foodbank.org.uk/support-us/donate

braintreearea.foodbank.org.uk



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Braintree Area Foodbank Ltd is a registered charity in England & Wales (1148782)



Ending hunger together



About Braintree Area Foodbank

We are an anti-poverty charity, working with those struggling most in the Braintree District.

We work tirelessly to ensure no one in the Braintree District goes hungry, providing **emergency food** for people left without enough money to live on.

We provide **practical support**, such as advice on money matters – making it less likely that people facing hardship need the foodbank in future.

Together, we can reach our shared goal of a future without the need for food banks.

Our community

7

foodbank locations

140

volunteers

11,866

parcels in 24/25

96%

increase from
5 years ago

Why we're needed

We exist so that every one in the Braintree District can be free from hunger.

We need urgent action on hunger in the UK. People are being pushed to the brink because they don't have enough money to live on. **This can't go on.**

Foodbanks are not a long-term solution, because **hunger is not a food problem. It's an income problem.**

People need to use food banks when they don't have enough money for the essentials.

- Some people are in between jobs, have health conditions or are looking after relatives
- Some people are in work that's insecure, or doesn't pay enough
- Barriers – like a lack of affordable childcare, transport, or homes – hold people back
- The high costs of having somewhere to call home, especially for renters, leaves people without enough money for other things.

All of this can, and must, change.

“

They aren't just feeding people – they're lifting people up.

”

John, who needed support from his local food bank

