

# Foodbank Newsletter

May 2026

## Who Can Use Our Foodbanks?

*Anyone who needs our support.*

We understand that sometimes getting a foodbank voucher can be difficult.

If you know someone that needs to use the foodbank, but they can't get a voucher, **please ask them to pop in to one of our foodbank sessions.**

Our lovely **Wellbeing Co-ordinators** will be on hand to help them - they also offer holistic guidance and support, so it's always good to chat to them!



## Thank you Frosts!

Following on from last year's success in St Albans, the wonderful people at Frosts have again arranged a doorstep collection of food donations. This time, from the people of Harpenden.

We've been blown away by the generosity of the **Harpenden community**, who collectively donated an incredible **492kg** of food!!

If you missed the collection, or would like to donate, please visit our website for details.



Thank you again Frosts!



## More Than a Foodbank Campaign

This month we have launched our More Than a Foodbank Campaign to help fund emergency food and **vital support** for the local community. We're delighted to have the support of **Daisy Cooper MP**, backing this campaign.

At our foodbanks, we provide **more than emergency food**. People can access:

- Support from our Wellbeing Team
- Advice on benefits, debt and housing
- Connections to local organisations
- A safe, welcoming space

**This approach works** - helping people increase income, reduce financial pressure, and begin to move forward.

**“For me, it’s been like a lifeline. I’ve struggled for years with finances and trying to find the right, proper help, but the foodbank really helps in so many ways.”**

User of our Foodbanks.

If you'd like to find out more, **please visit our campaign page:**

<https://localgiving.org/fundraising/More-than-a-Foodbank>



Donate Food



Donate Money



[www.stalbansdistrict.foodbank.org.uk](http://www.stalbansdistrict.foodbank.org.uk)

01727 613019

[info@stalbandsdistrict.foodbank.org.uk](mailto:info@stalbandsdistrict.foodbank.org.uk)

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*Thank you for your support.*

