

Foodbank Newsletter

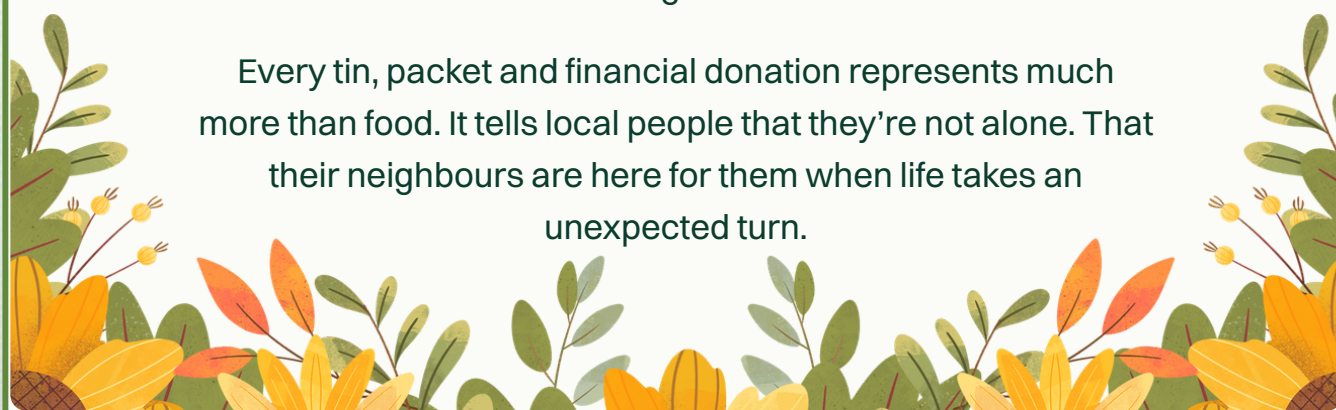
August 2026

Harvest is coming – why your support matters this year

Harvest has always been about communities coming together, sharing what we have, ensuring everyone has enough.

For us, Harvest is one of the most important times of the year. It's when local people come together to help ensure that families facing hardship have enough food on the table and somewhere to turn to for support. Each year at the foodbank we are blown away by the generosity of our community supporting our neighbours.

Every tin, packet and financial donation represents much more than food. It tells local people that they're not alone. That their neighbours are here for them when life takes an unexpected turn.



A tough year so far

This year, donations have fallen. But the need for our foodbanks remains high. Rising costs and unexpected life events are pushing more local people into crisis.

Last year we gave out

over 13,000
food parcels



40%

of these
went to local children



10%
reduction in
donations at
supermarkets alone.*

*24/25 vs 25/26

Help us bring fruit and veg to local children!

We're delighted to have been selected as one of the charities taking part in Tesco's Blue Token vote, as part of the Fruit & Veg Grants scheme.

You can support us by popping your blue token in our voting box each time you shop at a local Tesco.

This funding will help us provide fruit and vegetables to children in our community - something that really matters when 40% of the food parcels we provide go to children.

Voting is open now until the end of November, so please get involved and help us make a healthy difference!



Looking ahead to Harvest

When Emily first came to St Albans & District Foodbank, she was struggling to feed her family and had lost much of her confidence. She never imagined that a foodbank would become a place where she could feel safe, connected and able to look towards the future.

Early next month we will be launching our Harvest Appeal. We'll be sharing Emily's story - and showing how a helping hand at the right moment can be the beginning of something more. We will be inviting our community to come together once again, and hope you'll join us - look out for our Harvest updates in the next couple of weeks - and, if you can, share the appeal with friends and family.

Donate Food

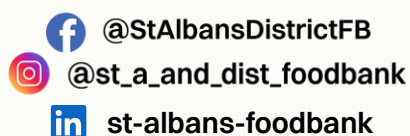


Donate Money



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“what [people] donate, their effort, their kindness and charity
- it is well received by the people that it's given to.”

