St Albans & District Foodbank
Together with Trussell

Newsletter

November 2026

Harvest Gratitude

Your generosity blew us away this Harvest - with donations from schools, churches, local companies, scout groups, families, individuals, and more.

We received an incredible **9 tonnes** of non-perishable food.

This amount could help make up around 1200 one-person emergency food parcels. To put this into perspective, on average we provide 1037 food parcels per month, so **this will keep us stocked up for around 5 weeks.**

On top of the non-perishable items, we will then add in fresh fruit and veg, eggs, bread, household and hygiene items, nappies, pet foods etc. It's because of your amazing donations that we are able to add these items in as well - creating meals for up to a week, and including the extras that make life a bit easier.







The impact of "More Than A Foodbank"

It could be a health issue, relationship breakdown, or work just no longer covers the essentials. Whatever brings people to the foodbank, our Wellbeing Team is on hand at all of our 10 centres - delivering accessible support when people visit us.

So far this year they have had **over 1500 wellbeing check-ins** with people using the foodbank - providing a listening ear and support when it's needed. They have also made referrals to agencies including debt support, employment and training programmes, children's summer camps, mental health services, and so many more.

We couldn't do this without the support of the community. Your donations and help mean we can offer so much more than an emergency food parcel.

Christmas can be one of the hardest times of the year

"I am petrified about Christmas."

This is Amy. Recently divorced, a single Mum of two. Her worries are familiar in the foodbank.

The winter months bring extra pressures and concerns. As heating bills rise and the cost of living goes up, people are forced to choose between heating their homes or feeding their families. They are pushed into debt, and that is before they've even considered Christmas.

"I want to give my children some good memories, but I don't know how I'm going to be able to afford it. After bills, there is no money left."

We are working hard so families like Amy's have **one less worry** this winter.

Hear more of Amy's story in December's Newsletter and on our social media. We'll explain how we've been supporting her, and what you can do to help.

Santa's Little Helpers!

We have enlisted the help of some very creative children at Fleetville Infants & Nursery School.

They have been busy making some wonderful artwork for us to use in our Winter Appeal.





You could be seeing their masterpieces appear on your door mat soon!

Donate Food

Donate Money

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