

Community Food Support is needed



Adur & Worthing
FOOD PARTNERSHIP

The fruit and vegetables, the bread, eggs, toilet roll, the you know, sanitary items like deodorant, and we've got a little baby here so nappies, wet wipes, they're all really good,

Yes we'd never have desserts you know if you didn't put the tinned fruit and the rice pudding, we'd never have puddings anymore which of course was a daily thing you know, we always used to have a pudding, so I know I'm overly grateful, overly grateful!

Because that's the thing we love most about it, the fresh veg. So we, it's just that peace of mind, really, it's just like, wow, you know, we don't have to panic.

I was so excited. I was excited because I felt like it, this was something that I want. I do, and I thought this, from a monetary point of view, it really helped me because I wasn't, I was in such a state. I owed thousands and I could barely afford to eat.

Whereas now, we can have fresh vegetables kind of thing. So I think the healthy aspect of it, the health aspect of it as well, you don't have to rely on a load of canned goods at the end of, you know, at the end of the month.

Usually I have to get a bus to pick the food up, stack my buggy up, there's only so much I can take as well, because there's loads of tins which weighs down my buggy. So, it's very difficult to get there and back, so the fact that they deliver is brilliant. Absolutely love that.

Well for myself it's very handy because I haven't got any transport methods and I don't know whereabouts you are yourselves, but I'd have to obviously get there by buses or walk or anything so and then I'd have to carry it home. So having it delivered, from my personal point of view, it's very, very handy

Delivery

Easter eggs, and at Christmas, sending a voucher for the meat, because I'd already said, "we're not having a turkey this year because we can't afford one, we literally cannot afford one," because the only, you know I bought a few presents for my daughter and son, that was it, nobody else had presents, I just couldn't do it last year but you know, to get the voucher, that meant the world, it really did.

I mean you're doing an absolutely wonderful job and I don't know where I would have been the past year without you, I really don't you know, it's been amazing

...but isn't the answer to food insecurity

because of issues like...

Noodles yeah some, you know, soups or something like that. Sugar, they ask me every week, where's the sugar and there's no sugar yeah.

I mean obviously a lot of the items are tinned products, which is great, I mean sometimes it was too much on a soup basis you would get too many soups and children sometimes don't eat soup but other than that, the variety was quite, it was quite good.

Odd things like, I say odd things but things which are to us are but normal for everyone, things like chilli beans, things like that I don't, we don't eat, but whenever I get them rather than being rude and saying oh, I don't want these, I don't want these, what I do, I put them back into the charity things, you know, so they can go to other people so it never gets wasted.

The soups, the soups are gone very quick, the vegetables, you know like, sometimes it's just too many

Like, if I get a tin of like really horrible bolognese sauce which is really cheap and horrible, I would just use tinned tomatoes with Oxo cubes and stuff, but then I know, you know, mums with lots of kids and don't have time, so for them it's probably brilliant

I'm not that keen on soup. They keep on sending me two or three tins of soup a time. So what I do, I bag them up, then I take them up to Tesco's and put them in the foodbank up there.

I think the main thing is sort of margarine, butter, because obviously you make sandwiches on a daily basis. Yes because obviously most people have toast in the morning and they'd have butter on it you know, possibly sandwiches at lunch time for a lot of people, or even if you have soup it's nice to have you know, bread and butter with it.

choice

I mean I got fed up of corned beef for a little while because that's all I got at one point, and I asked just not to have it as often, I've not had it since.

like what am I going to do with this, because I don't know, I can't eat tinned food anymore.

I mean the tins of soup, we're not really big soup eaters apart from tomato soup. So, I think if you just rely on it it's, you know, it does kind of control what you eat

Yeah, foodbank food. So you end up with loads of cereal and sometimes that's all you've got and it just hit me one day that there's no kids in the house, I wouldn't have those cereals up there,

I mean I personally don't use pasta sauces so I put on my form, you know, "no more pasta sauces" only because I don't use them and it's a waste, you know, if you don't use it. Yeah, fresh vegetables always use them, eat the fruit, curry, tins of curry, I can make a curry because you've got rice as well you can make a meal, pasta and tuna and sweetcorn, so always can make a meal out of that.

Problem is there's only so much you can do with tinned tomatoes.

I mean jars of food sauces for like dinner meals would be great. I have been given some like pasta bakes and Bolognese sauces, stuff like that at few times. But it's not as regular as the tins of tomatoes and stuff like that. But it would be great to sort of get, I don't know, maybe like a curry sauce or, you know, some kind of meal kit.

dignity

I think it's very sombre, it's not a nice experience. You feel worthless and you feel that everybody walking past you in the street is going oh, look at them, you know, and some people do shout out at people who are queuing up. Calling us 'benefit bouncers' or something like that.

They're my kids and it should be my responsibility to feed them, not everyone else's. So it does it make me feel a bit down that I do have to rely on the foodbank but needs must

They don't get nourishing food. They don't get what the people who can't afford to buy food need, they're not getting the food they deserve.

I did go there and knew everybody [...] they said, have you got a voucher? What voucher? [...] then I just stormed out. I just thought, there's people I know waiting behind me, I don't even know what this voucher is, I don't know what they're talking about and just wanted to leave. I said to them, oh, I'll go find out about the voucher and come back, that's what I did.

I found out about it from my doctor and that was what prompted me to use it first. So I think it took me about six weeks to pluck up the courage to go there.

I think the whole idea that you have to queue up to get something so personal to you that, you know, it's not easy to ask for help, it's not easy to put your hand up and then when you do you're always worrying in the queue is somebody going to drive past that you know from the work that, from your previous job or, you know, how do you explain that?

I feel we're getting all the food that everyone else couldn't eat that's left over

surplus food

Well one week we had 14 apples and they weren't obviously the newest apples so you know within a couple of days there was just nothing that you could actually eat from them.

Sometimes I get bread, but the last couple of weeks, I haven't had any bread. But this week I was delivered six rolls. It seems to be a bit hit and miss of what you get.

Just before Christmas, you got the extras in the Christmas box and I did get a bag of potatoes and a bag of carrots and the carrots, half the carrots went rotten before I got through it.

fresh, healthy, clean, that's what I want to be able to buy.

You do get quite a lot of the same stuff, I mean obviously I'm grateful for whatever I get.

I've got high blood pressure so that's all very high in salt and stuff, so personally I just don't like the tinned meat and stuff like that

health

I crave for fresh fruit. I mean, there's a limit to how many times I can eat rice in a week.

I put on lots of weight with eating crap because that's all I've got because the foodbank food is not food you choose, it's what you get and it's not, you can't afford to eat healthily on the amount of money that you get anyway

Yeah, foodbank food. So you end up with loads of cereal and sometimes that's all you've got and it just hit me one day that there's no kids in the house, I wouldn't have those cereals up there.