

ST GREGORY'S FOOD BANK

'For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me.' Matthew 25:35

Generous donations

St Gregory's Food Bank only exists thanks to the generous support and kindness of our community. It's impossible to thank everyone individually in one newsletter, but these are just some of our supporters:

- Local faith communities including Immaculate Conception, Findlay Church and the Scottish Ahlul Bayt Society (who supplied us with halal meat)
- Supermarkets including Tesco Maryhill, Asda Summerston, local Farmfoods, and Marks and Spencer
- Murdo's Corner Shop, Morgan Stanley, West End Chiropractic and Notre Dame School
- And so many anonymous donors - you know who you are!

Call for donations

We **urgently** need more monetary donations to keep up with the cost of food. Donations can be made on our website at:

stgregorysfoodbank.com/#donate
or in-person.



'I was starving - the food bank saved my life'

Welcome to the first issue of the St Gregory's Food Bank Newsletter. We hope to bring out an update every quarter so we can share news about the food bank and the impact we're having on our community.

The cost of living crisis and energy crisis are hitting our community particularly hard. Demand on the food bank has surged. We've already broken our previous record for the number of food bags handed out, and we're now helping more families than ever before.

Price rises are also hitting us directly, as the cost of essentials going into the bags has risen from £8 to £9.

We've had to make cutbacks to continue supporting as many people as possible, so tinned meat is no longer one of the things we're able to provide. We're also appealing to businesses for sponsors. The food bank needs more support than ever, so if you can help then please get in touch via email or the contact form on our website.

Thanks for your support, as ever,

The Team at St Gregory's Food Bank



About St Gregory's Food Bank

St Gregory's Food Bank is a grassroots, independent food bank operating five mornings a week from the Chapel of St Gregory's RC Church in Wyndford, Maryhill.

We provide a range of grocery and store cupboard items with household cleaning and personal hygiene items available on request to the most vulnerable in society. No referral is required, meaning anyone can access support.

As we are blessed with the use of Fr Cameron's presbytery, we have no overheads: no rent, and no heating bills. The food bank is staffed entirely by a dedicated team of volunteers which means there are no staffing costs.

This means that every penny donated to the food bank goes directly to those in need.

Stay informed

We are now on various social media platforms. Stay up-to-date at:



St Gregory's in the news

Over the summer, we've been trying to raise the profile of the work the food bank is doing. This has resulted in St Gregory's Food Bank appearing on BBC Radio Scotland, Clyde 1 and interviews with our service users featured in the Sunday Post and Scottish National, amongst others. This has helped show how vital the food bank is to members of our community who are struggling to get by - many of whom are in work, yet still cannot make ends meet.

Weekly Statistics

Food costs are up by 13% and we are distributing 33% more bags than a year ago. Weekly running costs have increased by 50%!



Friends of St Gregory's Food Bank

We're grateful for the support of many friends, but as times are so challenging we're asking again for more help. Can you help with the following? We need:

- volunteer drivers for food donation collections
- admin volunteers (book keeping, database management, local business liaison)

Other contributions make a huge difference including fundraising, collecting bags for life, and donating empty jars and egg boxes.

For anyone wishing to find out how they can help the food bank, we are holding an information session, including a tour of the food bank, in early December. Please let us know via email (stgregorysfoodbank@gmail.com) if you are interested in attending.

The date will be posted on our website and social media platforms in the next couple of weeks. We recently held our first session and thirteen people came along, which is fantastic. All welcome!



Volunteer awards

We are delighted to say that our wonderful volunteers recently won the Marsh Church and Community Volunteer Awards for Scotland in recognition of the work done to help those struggling with food poverty. The food bank was presented with a cheque for £750. For further details please see the news section of our website.