



**Wishing a very Happy New Year to all friends and supporters of the West Somerset Food Cupboard!**

**December was incredible!** The generosity of so many community groups (including Rotary and Lions), Magna, churches, shops and individuals, was heartwarming to say the least, and meant we were able to get 125 standard food parcels plus 120 Christmas treat bags, each with a hand-made Christmas label, out to all who needed them throughout December. We've tried to highlight at least some of the group contributions on our [/WSfoodcupboard Facebook page](#); please do have a look. A few are pictured here. Please accept our thanks if you contributed in any way.



Foxes Hotel



Minehead Barbarians



Exmoor Running Together



Porlock Community Orchard



Royal Mail Delivery Office




South West Ambulance



Beechfield Court

**Sadly, the need doesn't stop** after the festive period and, for the next few months at least, is likely to grow, so if you'd like to continue to support the West Somerset Food Cupboard as we endeavour to ensure that no-one in our community goes hungry, here are some ways that you can help:

1. **Please donate non-perishable food** packets, tins, cartons and jars of food via any of our [community collection points](#). The items that we are currently running low on are listed here...   
The supermarkets all display the current list (updated every month), and yes it is on the door on the way into Tesco, not just on the way out!

- ✓ Tinned cold meat
- ✓ Small bottles squash
- ✓ Small jars coffee
- ✓ Hot chocolate
- ✓ UHT milk
- ✓ Tinned veg/potatoes

2. **Please donate money** if you are able. Find out about regular giving online here: [Donating to WSFC](#)
3. **Please spread the word** about the [West Somerset Food Cupboard](#) so that people who need help can get it and people who can offer help know how.

#### 4. **PLEASE AVOID DONATING:**

- anything other than food (we can't take your unwanted Christmas presents, but thank you)
- your leftover Christmas puddings and mince pies!
- anything that needs to be kept chilled or frozen
- anything with less than 3 months until its Best Before Date
- anything that has been opened/used (you'd be surprised!)
- tins of lentils or other pulses/legumes (Controversial? Happy to explain if you send a message.)
- anything homemade
- alcoholic drinks or medication



The **Tuesday Pantry** team have taken a well-earned two-week break over Christmas, but supplies were plentiful in the lead up, so everyone was happy. We continue to run this project at capacity and with a long waiting list. We do accept, and are grateful for, donations of fresh, frozen and sometimes homemade produce for the Tuesday Pantry, but *only by prior arrangement* as we have to consider safe preparation, storage and stock turnover, so please call us first. Thank you for your understanding.

Throughout 2023 the Tuesday Pantry has provided 40 households per week with two bags of groceries (for £3.50), totalling 4000 bags of food. And the Emergency Food provision has supplied 1560 free bags of store cupboard basics (as compared with 1445 in 2022). So, a total of 5560 bags of food have been distributed in the area by the charity in the past 12 months. Your support is very much appreciated as we continue to try to meet the need in 2024.

With best wishes from the West Somerset Food Cupboard team

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