

Family Food Action continues to collect and distribute food over the summer and school holidays. Although one partner is closed over summer (May Park Primary School) the two adventure playground partners (The Vench and Felix Road) see a large increase in children needing food, as they are not getting free school lunches. We aim to give the families at May Park school a larger supply of food at the end of term to help them with feeding their children during the school holidays, so, on July 18th, donations of food that will keep in the larder, will be very helpful in particular for them. They have also requested activity books and games to keep the children entertained.

Cost-of-living rises are hitting families hard.

Food prices have increased so much over the last year that the same bag of food which is provided for families at the Food Clubs now is valued at £25 when it used to be £12 – 15. We are so grateful to everyone who gives regular financial donations; we would really appreciate it if you could consider increasing your contribution to enable us to continue to support our families who are in such need. You can also donate through our [Just Giving page here](#)



Feeding children in the School Holidays.

Over August, the Vench and Felix Road run lots of playdays and give the children attending lunches for free (adults can also eat there but are asked to pay towards the cost of food). We can help them with provision of ambient food and of fresh fruit and vegetables in particular, as they do not receive these from other sources. The kitchens at Felix Road use the donated food to make healthy meals for their community and the Vench provides home-cooked food as well, and also uses some of the donations to run children’s cooking activities. They are masters at using some of our courgettes and carrots in their cake mixes to make the children’s baking healthier! They often ask us to help them find volunteers to help in the kitchens, so if you would like to find out more about this, do get in touch. The food clubs at the Vench, Southmead and St Paul’s also continue to provide families with food and toiletries.



Growing your own produce?

We are always delighted when we get allotment produce from the Gardening Club at the Ardagh, from Golden Hill Community Garden and from other donors. If you have a glut of vegetables or fruit, please donate them through your street collections, or bring them up to the Ardagh on Tuesday mornings between 10.30 and midday.

Stay and have a coffee at the café and enjoy the lovely gardens and plant shop too.

Toothpaste and toiletries.

You may have seen on Points West recently, how Evergreen School is tackling the problem of dental decay in their children by providing toothbrushes and toothpaste in school. Our other partners also ask for those, as well as other toiletries and nappies. Families need to prioritise food purchases, so these often get left out of their shopping baskets. They are always grateful for soaps and shampoos too.

