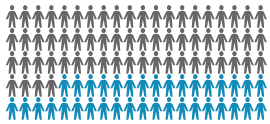


## NOVEMBER AT A GLANCE...



**356 households supported with 3-day emergency food parcels**  
There was a small dip in demand compared to the past 3 months which correlated with the second Cost of Living Payment



**855 people fed**  
36% children



**7,695 meals**



**7,362kg given out**



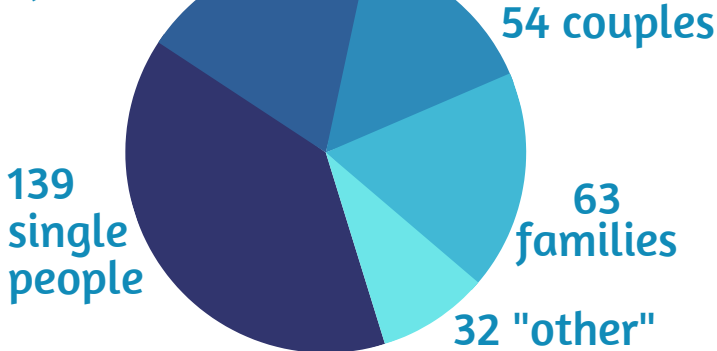
**7387kg stock items donated**



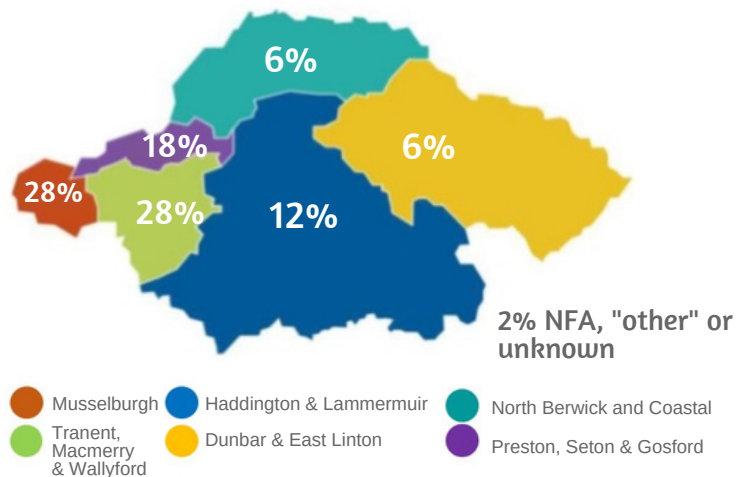
**579kg of stock purchased with public donations**

### WHO RECEIVED OUR PARCELS?

68 single parent families



### WHERE DID OUR PARCELS GO?



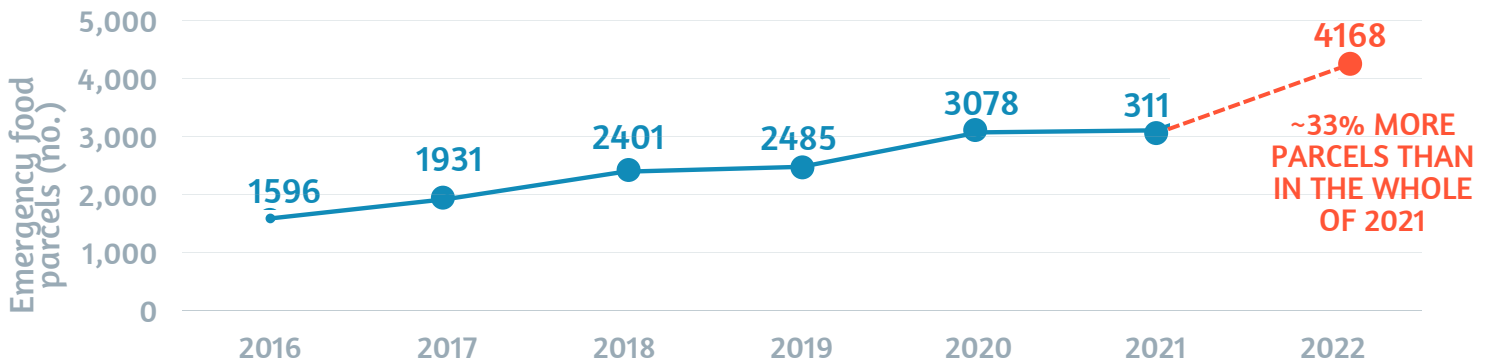
### WHO SENDS US REFERRALS?



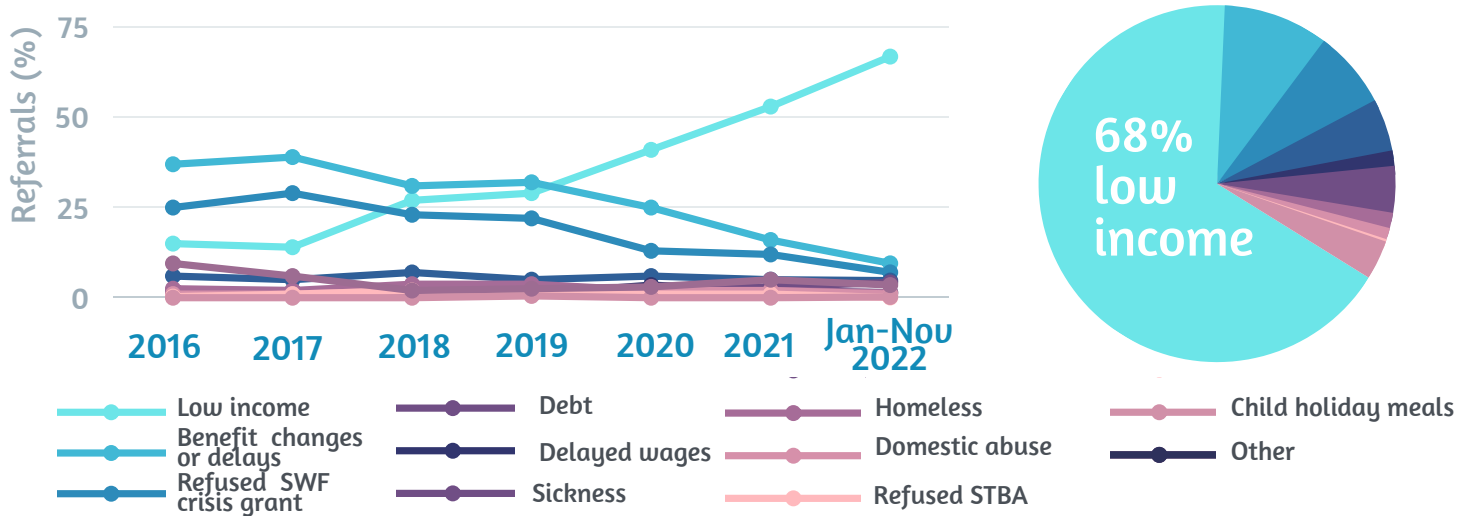
\*Volunteer Centre East Lothian \*\*Home-Start East Lothian \*\*\*Pennypit Community Development Trust  
†For further information on who refers to us please contact the foodbank

Referrals from NHS services, East Lothian Council, and our local CAB offices continue to account for over 70% of referrals and Musselburgh CAB continues to be our busiest individual referrer, accounting for 18% of all referrals in November.

## DEMAND FOR SUPPORT HAS REACHED UNPRECEDENTED LEVELS IN 2022



## LOW INCOME CONTINUES TO GROW AS THE MAIN REASON FOR SUPPORT



Demand continues to be high and, based on the increased need we've seen over the last 6 months, the coming months are likely to be the most challenging winter we've ever faced as the soaring cost of living means more and more people will need our support.

The cost of living emergency is impacting all of us. But for people on the lowest incomes, it's simply impossible. We will continue to support the push for the long-term changes we need to create a future where everyone has enough money for the essentials and whilst we do that we are here for anyone who needs our support.

**IF YOU OR SOMEONE YOU KNOW NEEDS SUPPORT  
CONTACT US ON 07516 510 617**