

## DECEMBER AT A GLANCE...



**531 households** supported with 3-day emergency food parcels



**440 individual households** supported during the month



**1343 people** fed  
**507 children**



**>12,000 meals**



**11,231 kg of essential food & toiletries** provided



**661 jingle bags** sent out containing Christmas dinner for **647 adults & 429 children**

**83% of households** only needed our help once in December but **17% needed emergency food more than once in the month**



### WHO RECEIVED OUR PARCELS?

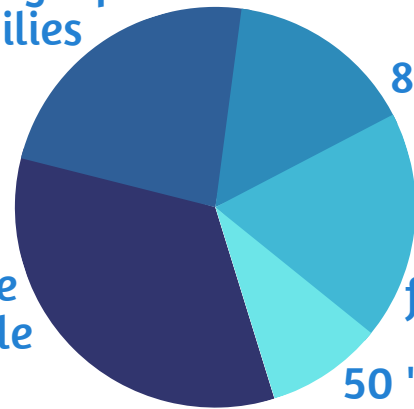
**123 single parent families**

**179 single people**

**81 couples**

**98 families**

**50 "other"**



### WHERE DID OUR FOOD AND TOILETRIES COMES FROM IN DECEMBER?



**16,726kg of essential food & toiletries** donated



**1,938kg of stock** purchased with public donations



Our money advice service, launched in October 2022, has secured over **£10,000** of additional income for households supported by the foodbank

## WHO SENT US REFERRALS?

Requests for support were received from 59 partners across the county.



\*Volunteer Centre East Lothian \*\*Roots & Fruits \*\*\*Pennypit Community Development Trust  
†For further information on who refers to us please contact the foodbank

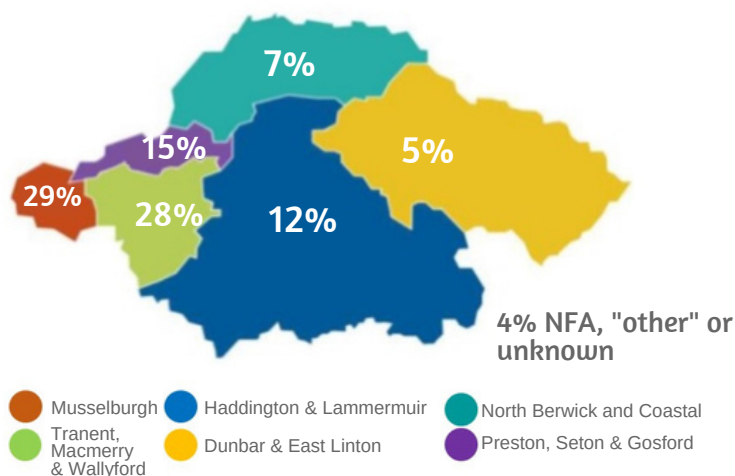
Support requests from our local CAB offices, NHS services and East Lothian Council services account for over 2/3 of all referrals received and Musselburgh CAB continues to be our busiest individual referrer, accounting for over 20% of all referrals.

During December we saw an increase in the number of people coming to us directly to ask for support. In these cases we worked with the household to provide emergency food and details of support services.

## WHY WAS HELP NEEDED?

Low income was given as the reason for support being needed in over 81% of referrals

## WHERE DID OUR PARCELS GO?



## THE COST OF LIVING EMERGENCY IS IMPACTING US ALL

If you or someone you know needs help, it's easy to access our support



Prefer to chat?  
Call us on  
07516 510 617



Prefer text or whatsapp?  
No problem, it's the same number



Prefer to write?  
Email us on  
info@eastlothian.foodbank.org.uk

## 2022 AT A GLANCE...

In 2022 we helped



4,702  
households



11,373  
people

By providing

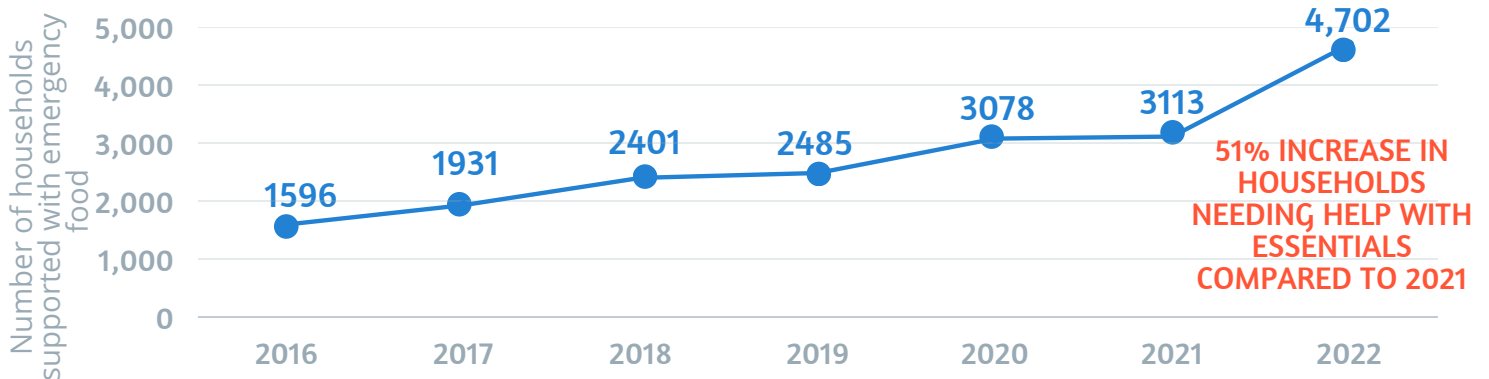


>102,300  
meals

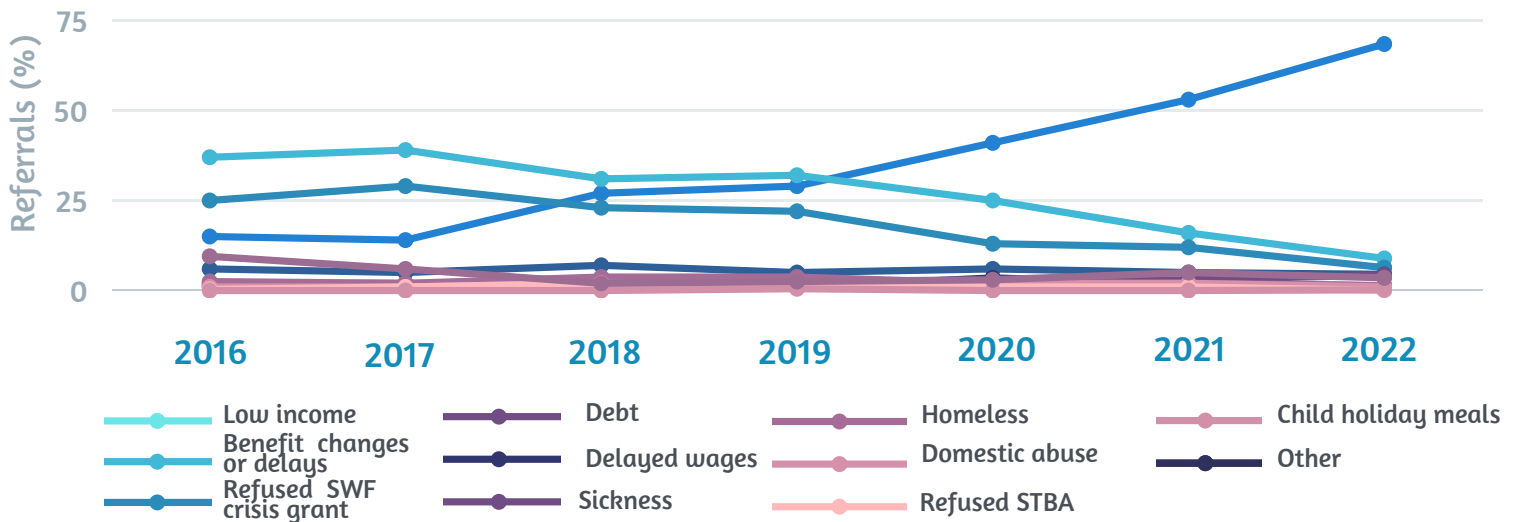
We couldn't do it  
without your help



## DEMAND FOR SUPPORT REACHED UNPRECEDENTED LEVELS IN 2022



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



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.