

JANUARY AT A GLANCE...



521 households supported with 3-day emergency food parcels



408 individual households supported during the month



1162 people fed
400 children



> 10,450 meals



11, 526kg of essential food & toiletries provided

WHERE DID THE ESSENTIALS WE GAVE OUT COME FROM?

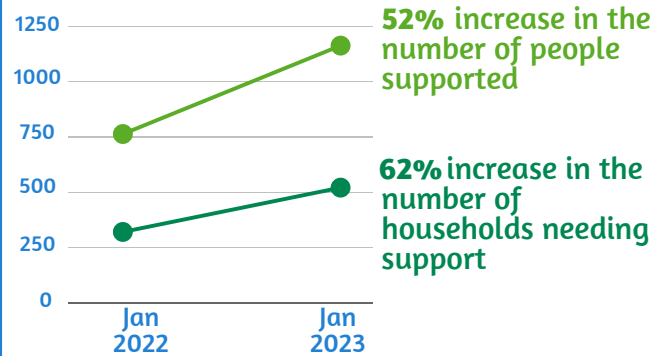


11,313kg of essential food & toiletries donated

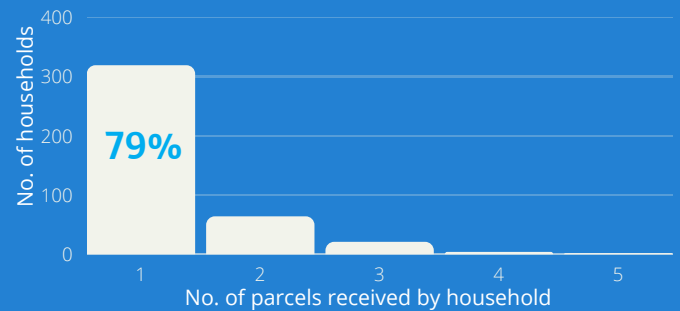


3027kg of stock purchased with public donations

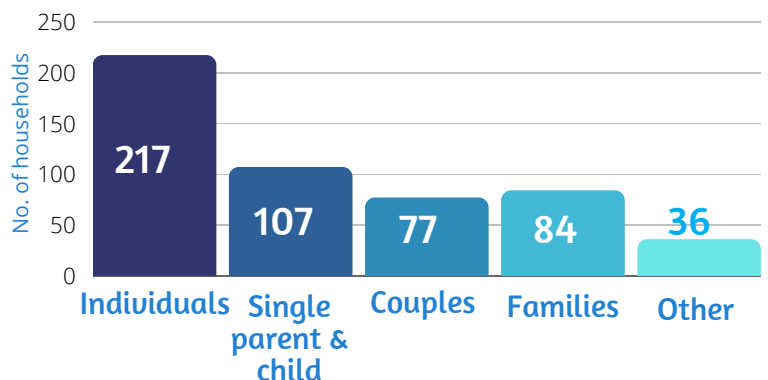
Increases in demand in January 2023 compared to January 2022



79% of households only needed our help once in January but **21% needed emergency food more than once** in the month



WHO RECEIVED OUR PARCELS?



WHY WAS HELP NEEDED?

Low income continues to be a major reason for support being needed.
77% of households needing support in January gave low income as the reason



*Other reasons for support being needed including refused crisis grant, delayed wages, refused short term benefits advance, domestic abuse, no recourse to public funds, homelessness

WHO SENT US REFERRALS?

Requests for support were received from 60 partners across the county.

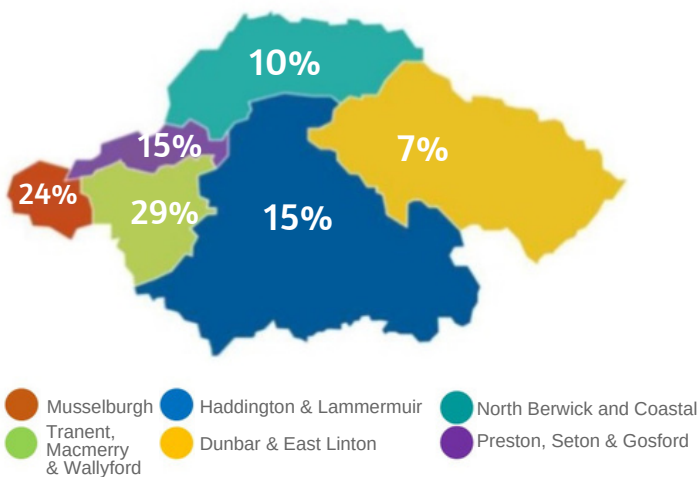


*Volunteer Centre East Lothian **Roots & Fruits ***Pennypit Community Development Trust
†For further information on who refers to us please contact the foodbank

Support requests from our local CAB offices, NHS services and East Lothian Council services continue to account for over 2/3 of all referrals received and Musselburgh CAB continues to be our busiest individual referrer, accounting for over 24% of all referrals.

The trend we saw in December for people coming to us directly for support continued into January and in these cases we worked with the household to provide emergency food and details of support services.

WHERE DID OUR PARCELS GO?



THE COST OF LIVING 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