

MAKING TIME FOR TRUSSELL

How you can make a difference



WELCOME

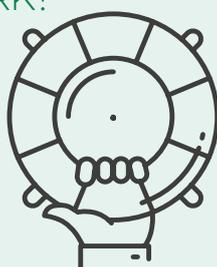
Thank you so much for giving your time and energy to the Trussell Trust. We are so grateful to have your support.

The Trussell Trust supports a nationwide network of food banks. Together we provide emergency food and support to people locked in poverty, and campaign for change to end the need for food banks in the UK.

HOW DO FOOD BANKS WORK?



More than 1,200 food bank centres, providing three days' nutritionally balanced emergency food to people in crisis



People are referred by front line professionals like GPs, social services, and schools



Many food banks provide extra services to help people resolve the crises they're facing

Between April 2019 and March 2020, food banks in our network provided more than 1.9 million emergency food parcels to people struggling to afford the essentials. As the impacts of the coronavirus pandemic continue to unfold, it's likely that more and more people will need to turn to food banks, making your support more vital than ever during this challenging time, particularly as social distancing means that food banks are functioning with much smaller numbers of volunteers than usual.

And this is where you come in. Whether you have five minutes or five hours, you can make a difference and help build a Hunger Free Future. In this pack, you'll find a range of opportunities, from quick tasks that can be done from home to more ambitious projects - all of which provide real, valuable support towards ending the need for food banks in the UK.

By choosing two or three things to do, you have the chance to be:

- A voice against social injustice
- A friend of the charity, speaking truth to power
- A supporter of people in crisis

DONATE FOOD TO SUPPORT YOUR LOCAL FOOD BANK

Last year, food banks in the Trussell Trust network provided 1.9 million food parcels to people in crisis.

These food parcels were made possible by the incredible generosity of people donating food at their supermarket, church, community collections or directly to their local food bank. Food banks simply wouldn't be able to provide the service they do without the generosity of the public. As we see levels of need rising and many food banks having to buy food themselves in order to have enough to give out, donating has enormous value. During the pandemic, many collection points have closed so your support is more important than ever.

🕒 5 MINUTES

Next time you go shopping, remember to add something from [our recommended items list](#) to the food bank collection point.

🕒 1 HOUR

[Call your local food bank](#), find out what they need most, and drop off a shopping bag or two. If you can, please think about adding in a box of chocolates or some biscuits for the food bank volunteers to help brighten their day.

🕒 5 HOURS

Host a food collection within your community. We have created a lockdown-friendly home collection guide so that you can host a collection with confidence. Find out more [here](#).



JOIN US IN BUILDING A HUNGER FREE FUTURE

This winter, food banks are expecting to give out an emergency food parcel every nine seconds and 670,000 more people in the UK are at risk of being pushed into destitution, unable to afford the essentials.

This can't go on. It's time to end the injustice and make a change. This year, we've already made incredible changes to the way we live, work, and look after each other. And if we take action together now, we can start to build a future where we can all afford the essentials. By supporting our [Hunger Free Future](#) campaign, you can be part of creating a system that works for everyone.

DURING YOUR COFFEE BREAK

Join [Hunger Free Future](#) and then share the link on social media with the hashtag #TeamTrussell and #ThisCanChange. This quick ask not only helps us by adding another voice to our call for change but also provides you with access to updates, stories, and further opportunities to engage when and where you can.

DURING YOUR LUNCH BREAK

Find out more about [our latest research](#) and understand more about why it's so important that we make changes now.

ENGAGE WITH DECISION MAKERS

Decision makers highlight the importance of hearing from constituents as an effective way of engaging with an issue. [Use our guide](#) to write an engaging letter or email to your representative.

Make your help go further by posting about your action on social media e.g. 'Hunger in the UK isn't about food. It's about not having the money for the essentials. Together, we know we can build a #HungerFreeFuture.'



TELLING A NEW STORY ABOUT POVERTY

One of our biggest challenges is changing people's attitudes towards poverty. Understanding the scale and causes of poverty in the UK and inspiring action to challenge the misconceptions surrounding food banks is one of the most important things we can do to make real, lasting change.

FOR YOUR COFFEE BREAK

Start an online conversation. Your post should highlight that you're supporting the Trussell Trust, why, and ask if others feel the same. You could say something like 'No one in the UK should need to use a #foodbank. If you agree, join me in supporting @TrussellTrust to build a #HungerFreeFuture!'

FOR YOUR LUNCHBREAK

The Joseph Rowntree Foundation is an independent social change organisation also working to end poverty in the UK. Working with the FrameWorks Institute, they've come up with a great toolkit looking at some of the common ways we talk about poverty and how we can tell a new story. You can download the toolkit [here](#).

WITH YOUR FRIENDS

Open up a conversation about poverty with friends or colleagues, using the Reframing Poverty Toolkit to guide the conversation. You might like to check out some of our blogs for conversation topics e.g. [this blog](#) looks at why smartphones aren't a luxury for people in poverty, but a lifeline.



RAISE AWARENESS IN YOUR LOCAL COMMUNITY

Charities hugely value people taking the time to spread the word. It helps let people know what we're doing, grow our support base, and build our voice.

YOUR ONLINE COMMUNITY

Get involved online by encouraging people to follow and promote the Trussell Trust's posts across social media, as well as following their local food bank's social media accounts, liking and sharing as much as they can.

YOUR SCHOOL COMMUNITY

Let people know we have a presentation they can use in class or year group assemblies to help children learn more about poverty and our work.

YOUR WORK COMMUNITY

We're so proud of the corporate partnerships we have, and would love to hear from your team to see if there are opportunities to link. You can find out more about our partnerships [here](#).

YOUR CHURCH COMMUNITY

Take five minutes to pray for your local food bank and our work to create change using our [prayer guide](#). You can use it with your Bible study group, youth group, Sunday school, or other small group.



THANK YOU

Thank you so much for making time for the Trussell Trust. Your support and actions will help to make a huge difference as we work to end the need for food banks. Together, we know we can build a Hunger Free Future.

We'll be in touch soon to find out how you've been getting on, and we look forward to seeing your posts of social media!

Remember to share photos and updates of what you've done on social media to help raise awareness even more using #TeamTrussell and #HungerFreeFuture!

If you're planning an event, email volunteering@trusselltrust.org to let us know so we can send you stickers, posters, and materials.