



What IS Food Club?

October 2023 - Issue #3

The Food Club was started shortly after setting up our Community Cupboard and has been made possible through FareShare. FareShare is a UK national network of charitable food redistributors, made up of 18 independent organisations. They take good quality surplus food from right across the food industry and redistribute it. The food includes fruits, vegetables, cereals, tinned goods, coffee syrups, biscuits, Pot Noodles, and exciting surprises every week!

FareShare’s involvement with us has always been due to our own food bank, the Community Cupboard. From the beginning, this has meant that food that is in good date and doesn’t need refrigeration has been brought to the Cupboard for those most in need. We use this food not only for the orders we receive directly for the Community Cupboard, but also for the food bags we put together every half term and term time holidays for families at the local schools. These families are identified by the school as needing a little extra support. The food received from FareShare these past 4 years has been vital in allowing us to offer not only food essentials, but also treats and a wider choice of options to those who ask.

The FareShare trays also help support the Community Lunches. When there is an overabundance of fruit or vegetables (this has been courgettes most recently!), we can use them to make our sides and puddings more interesting!

But what about the food that is close to it’s use by date or cannot be stored on our shelves? Well, that’s where the food club comes in.

Our Food Club members don’t need any requirements to join, it is open to everyone on a pay as you can donation. The open nature of our food club means that those who can pay support those who cannot. There is no judgement of those who come to the food club, people come to help the environment, to help ease a stretching food budget, for the enjoyment of not knowing what will come each week, or for their own personal reasons! Everyone is welcome to join us.

Our first Food Club session happened on the 27th July 2020 with 8 members meeting at the Rugby Club to share out an unexpected bounty of food. We received about 50 individual ready meal hamburgers, with one day to their use by date. When we had pushed as much as could be taken on our 8 members, we spent the rest of the day getting them to friends we knew had teenagers! Luckily, it only took a month to bring us up to 35 members, now, we have around 50 members who collect a bag of treats either coming up to or on their best before date once every two weeks.

If you’re interested in joining the food club, and seeing for yourself what we get our hands on every other week, you can find out more and join at klcommunity.co.uk/food-club



klcommunity.co.uk

015242 36404 (Mon - Fri, 10 am to 1 pm)

coordinator@klcommunity.co.uk

Christmas with the Cupboard

The Community Cupboard is stepping into Christmas, opening up warm spaces for our older residents and our families. On Tuesdays from the start of November, we will be restarting our Soup and a film for our older residents at the Lunesdale Hall, from 12.15 pm. We offer a couple of warm, nutritious soup options with a dairy-free option each week. No need to book, just turn up to either/ both and enjoy the company! If you know someone who would like to join us for the soup and film, please do let them know about us!

For our families, we have our Children's Christmas Workshop! In the Bective room of the Lunesdale Hall, we'll be having drop-in activity sessions after school on Fridays from 3 pm to 5 pm. Friday 17th, 24th Nov, and 8th, 15th Dec. We'll have a simple hot meal available and fun crafts for you and your kids to get stuck into, such as gingerbread decorating, decorating wrapping paper, and creating tree ornaments! We'll also be making Christmas Lanterns in preparation for the Christmas Fair, see below for more information.

Our Christmas Kids Cinema will also run in the school holidays on Wednesday 20th December at the Lunesdale Hall. As usual, we will be serving a hot lunch at 12 noon and aiming to play the film at 12.30 pm. The film will be chosen by a sticker vote on the day. All films will be rated U and advertised on our Facebook.

Christmas Lanterns

This year, we are working with the Kirkby Lonsdale CIC, putting on lantern-making workshops for our Christmas Fair throughout November. You can join us to make lanterns at our Children's Christmas Workshops, as well as alongside our Repair Cafe, running Saturday 11th November from 11 am to 1 pm! The lanterns will require parental help for some of the younger kids, but the design and decoration of the lantern is completely up to you!

Christmas lanterns can be made at home as well, just check on our website for the instructions, or send me an email at coordinator@klcommunity.co.uk if you would like to do it with your group! We recommend you use an LED tealight with your lantern, as regular tea lights heat up the tin and can cause burns. LED tea lights will be given out at the workshops and at the Christmas Fair ready for the big light switch on procession at 6 pm, from St Marys Churchyard on Friday 1st December.

Volunteer with us!

As a charitable venture, we rely on the support of our community. This could be through volunteering your time – we offer several different types of roles for our different projects that you can get involved in. We offer relevant training and travel expenses for all of our volunteer positions. Please email me at coordinator@klcommunity.co.uk for more information.

We are currently looking for volunteers for the following roles:

- *Lunches delivery driver:* Our delivery volunteers operate for an hour on Monday lunchtimes, delivering hot meals to residents in Kirkby Lonsdale and surrounding areas between 12 noon and 1 pm. Our delivery volunteers are vital for those housebound or hesitant to leave their house, offering a physical check-in and friendly chat for those who may not see too many other people during the week.
- *Christmas Helpers:* Join us when you can to help with our various Christmas activities! From our soup and a film to our Children's Christmas Workshops, we are looking for people to help oversee activities, as well as help with setting up and putting away. Any help would be gratefully received.



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