



Highland Foodbank

2009 was an incredible year for Food Bank which provided that link in the chain for 3,625 people, a 36% increase on the 2008 total. The increase was partly due to the impact of the recession, and the most common causes leading to folk requiring help from Food Bank were delayed benefit payments (43%), low income (15%), homelessness (11%) and debt (6%). Nearly 28 tonnes of food was donated, and this was just enough to meet the needs of clients. No-one was turned away.

The effectiveness of the Food Bank is a testimony to the generosity both of the many people who support us financially, thereby helping to cover some of the administrative costs of providing the service, and of the many others who donate food. It's a testimony also to the commitment of our faithful volunteers who give of their time either to help at the Food Bank Centres, assist at the Deephaven warehouse, or lend a hand at our supermarket collections.

Each of you who help in these ways probably feels you are just a link in the chain. You donate food regularly, you send a cheque to help fund the project, you inspire the kids at your school or the congregation in your church to give food at Schools Appeal Week or Harvest, you serve as a volunteer.

But the links you forge through these actions and the living link that you are as one of a chain of concerned and committed supporters of Food Bank are vital. For ultimately Food Bank is about people motivated to care for others. And so a sincere thank you to you all on behalf of the 3,625 people that YOU helped this year.

Early indications are that 2010 will be an equally busy year for Food Bank. Your continuing support will be much appreciated.

Lorna Dempster

Project Co-ordinator