



In Their Shoes

Thank you for pledging to help those in crisis this Lent.

By taking part in our In Their Shoes challenge, you will be helping us to provide three days of nutritionally balanced emergency food and support to local people who are referred to us in crisis.

Every year, Worcester Foodbank gives out around 5,000 three-day food parcels, offering people in need food and support to help them cope. We can only do this thanks to the generous support of local people like you. Thank you!

How to take the In Their Shoes Challenge

- Step 1 Pledge to take part and set your challenge dates. You can take part over any three days of your choosing.
- Step 2 Download your challenge shopping list. There are four lists available:
1. For 1 person
 2. For 2 people
 3. For 3-4 people
 4. For 5 people.
- Step 3 Purchase your three-day shopping. Either:
- a) Purchase two baskets of food - one for your challenge plus some items to donate at your supermarket's Worcester Foodbank collection point
Note: the foodbank provides tinned or dried products as it is possible to store long-life products until required. You may wish to replace with equivalent fresh products for your challenge, but please ensure that any food you donate is long-life.
or
 - b) Purchase one basket of food for your challenge and make a cash donation to help us run our Foodbank. Please send a cheque, made payable to Worcester Foodbank, to 7 Lowesmoor Wharf, Worcester, WR1 2RS
- Step 4 Write your three-day menu, including three meals a day, to make the best use of the food you have. You can use store cupboard basics such as salt, pepper and spices. You may like to use the recipe suggestions we offer our clients, which can be downloaded from our website.
- Step 5 As you cook and eat, share your experiences with us and other Foodbank supporters on social media using the hashtag #InTheirShoes.

Making a difference

Thank you for helping us ensure that we can offer support to anyone in our community who faces going hungry.

One single mum who recently needed our support told us;

"A heartfelt thank you for the sensitive and caring way in which you handled my case. I really felt cared for at a difficult time. Thank you so much."