



# ONE CAN

## FOOD BANK + TRUST

### Welcome to this week's One Can Hero update

Hope all is well and where possible, you've been able to enjoy the slightly more relaxed COVID restrictions. Oh how the little things like a haircut can bring so much joy!

### Food Parcel Facts

It's interesting to see how the numbers have fallen compared with March's figures. One might be hopeful that we're turning a corner but this pattern has been seen before. In previous years, the number of people we support has risen in the run up to Easter (average 674 people/week in March 2021) to cover families for the long Easter break and then drops a little after. Interestingly, the % of supported children has currently fallen also, supporting this theory. In previous years, the curve rose again after Easter as supplies started to dwindle. Sadly, we expect the same to happen again this year.

- In the week to 16 April 2021, we supported 458 people, 189 of which were children (41%). Last week we supported 520 people and 47% children.
- In the week to 16 April 2021, parcels were delivered to 221 homes.
- In March 2020, the average number of people we were supporting was 225 per week.
- We are currently supporting 104% more people compared with pre-COVID times. In other words, we're supporting twice as many people as we were.
- In March 2021, the value of the food parcels that we provided was in excess of £52 000.

### Wants and Needs

If you are collecting food as a Street Hero or donating in one of our supermarket drop off cages, please be reassured that we use all items donated, even those in the 'red cross' column (with the exception of alcohol or homemade food). However, it helps us enormously if you could focus on the 'green tick' items that we are in short supply of. [Click here](#) for a word version of the list below.



**Eggs**  
**Pasta sauces**  
**UHT milk**  
**Tinned ham and meat**  
**Tinned meat meals and hotdogs**  
**Meat pies**  
**Tinned mixed veg**  
**Tinned tomatoes**  
**Jams and spreads**  
**Sugar**  
**Tampons**  
**Nappies (size 3/4 only)**



Soup  
Rice  
Peas and sweetcorn  
Crisps and confectionery  
Tea  
(plus alternatives such as fruit and green tea)  
Homemade food  
Toiletries (except tampons that we do need)  
Alcohol  
Egg boxes

Please continue to collect fresh fruit and vegetables if you are able to quickly turn around donations and bring them to One Can. **Please DO NOT leave fresh fruit and vegetables in supermarket donation cages.**



Our School Hero campaign last year to collect, in particular, fresh fruit and vegetables, was a huge success. I'm keen to encourage collections again this summer term. If you are a school or organisation and able to help, please get in touch. We have a template letter that you can personalise and use to request weekly food donations (or whatever frequency that is convenient with you). We can provide transport for the food if necessary.

### Street Hero Flyers

You will recall last week, I produced the update in a flyer form so it can be easily printed and posted through peoples' doors, should you wish to. If you'd like some flyers printed and you've not already let Kim know how many copies you'd like, please get in touch: [kim.starkey@onecantrust.org.uk](mailto:kim.starkey@onecantrust.org.uk).

We will update the flyer with the most recent figures and 'wants and needs' prior to printing. Please [click here](#) to see the flyer as it currently stands.

## Press Coverage to Mark One Year in Lockdown

You may have seen little Henry, our first child Street Hero, recently making a fabulous appearance on TV (ITV London Tonight and Sky News). Please [click here](#) to see the London Tonight report.

The press coverage marked the anniversary of being one year in lockdown. It's been an incredible year in terms of the support from our local community who have made it possible for us to help the number of people that we do.

**Thank you so much**



## Would you like to help make your street become friendlier and more supportive?

High Wycombe Mutual Aid has been incredibly supportive of One Can and we're keen to return that support as they set up an exciting new project called Wycombe Street Associations Network. They are looking for Wycombe residents, who could become a point of contact and support for their road, close or flats.

The Covid-19 pandemic and the resulting lockdowns have negatively affected many High Wycombe residents. Despite the many amazing organisations and services that are available to help, there are still many residents who are not receiving the support they need. The pandemic has taught us the importance of community support and as a Street Rep, you could help to connect neighbours to appropriate services and community groups.

No prior experience is required, and you can give as much or as little time as you like.

 To find out more about the project visit their website: [wycombe-mutual-aid.org/street-associations/](http://wycombe-mutual-aid.org/street-associations/)

[Click here](#) to fill out a very short form to register your interest

Thank you.

## Download the App

The One Can Trust has an App that you can download onto your phone. It's a great way of accessing an instant list of 'wants and needs' wherever you are. Please share this news with donors, friends and family so they can easily access information too.



For those with an Apple phone, please [click here](#) to download the App  
For those with an Android phone, please [click here](#) to download the App



Please get in touch if you have any thoughts or suggestions that would improve the service that we provide. We love working with you and really appreciate your help and support.

Have a lovely, sunny weekend.

**Jo Belshaw**

Food Procurement Manager and Interim Operations Manager, One Can Trust

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