



Welcome to this week's One Can Hero update

Mindful March has arrived and we are encouraging a personal touch when people donate items to vulnerable families and individuals across South Bucks. Including a hand written note or drawing from a child alongside a donation, would bring so much joy. Please get in touch with the office team at office@onecantrust.org.uk for more information. Suggested donations are detailed further down.

Food Parcel Facts

The number of people we are supporting is currently as follows:

- In the week to 26/2/21, we supported 549 people, 235 of which were children (43%). Last week we supported 480 people.
- In the week to 26/2/21, parcels were delivered to 253 homes.
- In March 2020, the average number of people we were supporting was 225 per week.
- We are currently supporting 144% more people compared with pre-COVID times. In other words, we're supporting 2.4 times as many people as we were.

Wants and Needs

Throughout the pandemic, our Street Heroes, collecting food from friends and neighbours, have donated an incredible 90% of food that makes up weekly provided food parcels. More businesses are coming on board and this week we welcome BMW, London Road and Smiles fish and chip shop in Bourne End. Thank you for joining our campaign! Welcome also to all our new Street Heroes.

Please focus on the 'green tick' items that we are in short supply of. We would never put alcohol or homemade food in a food parcel (we cannot guarantee that the food has been made in an allergy free environment) but all other items marked with a red cross will always be used. [Click here](#) for a word version of the list below.



Eggs

Fresh fruit and vegetables*

(esp. broccoli, bananas, onions and carrots)

Cooking sauces (not pasta sauce)

Baked beans

Sugar

Halal meat

Tinned mixed veg

Tinned fruit

Tinned meat meals and hotdogs

Pasta

Biscuits

Toothbrushes

Deodorant

Shampoo and conditioner



Soup
 Fish
 Peas and sweetcorn
 Crisps and confectionery
 Tea
 Homemade food
 Toothpaste
 Nappies
 Sanitary towels
 Alcohol

* We still need fresh fruit and vegetables but if their donation is problematic (due to lag between being left in Street Hero box and drop off at our warehouse in Duke Street) please feel free to remove from the list.

Mindful March

If you are able to donate a food parcel or monetary equivalent, please get in touch.

Mindful March
 Small Parcel*

Meat pie x 1	Pasta Sauce x 1
Tinned Meat/Chicken Meals x 1	Other veg x 1
Tinned Ham / Corned Beef x 1	Tinned Soup x 2
Tinned Fish x 1	Jams/ Spread x 1
Tinned Potatoes/Smash x 1	Tinned Fruit x 1
Peas/Sweetcorn x 1	Milk x 1
Tinned Tomatoes x 1	Cereal x 1
Baked Beans 2x	Tea (40 bags) 1
Pulses/Beans x 1	Sugar x 1
Rice 500g	Biscuits/Cereal bars 1
Pasta Dried 500g	

*Approx £21

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Mindful March
 Medium Parcel*

Meat pie x 1	Pasta Sauce x 1
Meat balls/Hot dogs/Pasta with meat x 2	Cook-In Sauce x 1
Meat meals x 2	Non-meat soup x 2
Canned ham / Corned beef x 2	Canned soup x 2
Canned fish x 2	Spreads / Jams x 1
Potatoes x 1	Canned fruit x 2
Peas / Sweetcorn x 2	Milk Carton x 2
Other veg x 2	Cereal (large box) x 1
Tomatoes x 2	Sugar x 1
Pulses / Beans x 2	Tea (40 tea bags)
Baked beans x 4	Biscuits / Cereal bars x 2
Rice 0.5Kg	
Dried Pasta 1Kg	

*Approx £36

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Mindful March
 Large Parcel*

Meat pie x 2	Pasta Sauce x 2
Meat balls/Hot dogs/Pasta with meat x 2	Cook-In Sauce x 1
Meat meals x 3	Non-meat soup x 2
Canned ham / Corned beef x 3	Canned soup x 2
Canned fish x 4	Spreads / Jams x 1
Potatoes x 2	Canned fruit x 1
Peas / Sweetcorn x 2	Milk Carton x 3
Other veg x 3	Cereal (large packs) x 2
Tomatoes x 3	Sugar x 1
Pulses / Beans x 2	Tea (80 tea bags)
Baked beans x 4	Biscuits / Cereal bars x 2
Rice 0.5Kg	
Dried Pasta 1.5Kg	

*Approx £49

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Mindful March
 Extra large Parcel*

Meat pie x 2	Pasta Sauce x 2
Meat balls/Hot dogs/Pasta with meat x 3	Cook-In Sauce x 2
Meat meals x 4	Non-meat soup x 4
Canned ham / Corned beef x 3	Canned soup x 4
Canned fish x 4	Spreads / Jams x 1
Potatoes x 2	Canned fruit x 2
Peas / Sweetcorn x 2	Milk Carton x 3
Other veg x 3	Cereal (large box) x 2
Tomatoes x 3	Sugar 1x
Pulses / Beans x 3	Tea (80 tea bags)
Baked beans x 5	Biscuits / Cereal bars 2
Rice 1.0Kg	
Dried Pasta 1.5Kg	

*Approx £65

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Meet our One Can Trust Ambassadors!



Keyaan Ramaali is a Y12 student at The John Hampden Grammar School in High Wycombe. Throughout the pandemic, Keyaan has dropped an incredible 24 car loads of donations and continues to support us through his brilliant [SOUP-A-CANdle](#) initiative. Welcome on board Keyaan as our news Youth Ambassador!



Russell and Laura Brand. Russell, a comedian, actor and activist joined our Ambassador team recently with his lovely wife Laura. Russell has already held a successful online charity event and delivered food parcels to our clients. Laura is a very talented author and illustrator. We're very much looking forward to working with you both.

Gareth Ainsworth, Manager of our local Wycombe Wanderers football club, completes our Ambassador team. The club has been hugely supportive of One Can raising money and also very generously providing manpower week after week in the form of Director, Trevor Stroud and Club Chaplain, Benedict Musola to deliver food parcels.



Don't forget to download the One Can Trust App!



We update the App weekly (more frequently if necessary) with current 'Wants and Needs', supermarket drop off points and other useful information. Please click on the appropriate icon to download.



Thank you for your continued support. Please do get in touch if you'd like to join our Street Hero campaign and collect food from friends and neighbours. Thank you.

Best wishes

Jo Belshaw

Food Procurement Manager, One Can Trust



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