



Registered Charity Number 1190675

WORTHING VEGAN FOOD BANK – NEWSLETTER

JANUARY 2021

Welcome to the third edition of our Worthing Vegan Food Bank Newsletter!

First and foremost, we would like to wish you all a very happy new year! 2020 has certainly been a year of surprises, but we like to think that we left it behind better than it started. Read on to learn more about the exciting things we have been up to in the last quarter.

We are always grateful for questions and suggestions, so please feel free to contact us on support@worthingveganfoodbank.co.uk

What's New?

We moved! Our main hub is now located over at St Mary of the Angels Church Hall in Richmond Road, Worthing, BN11 4BL. We are grateful to have secured such an accessible location and owe a huge thank you to Father Terry Martin for his generosity in letting us work from there. We have a dedicated room including fridge and freezer access to help us provide fresh and yummy fruit, vegetables, and other treats.

In the build up to Christmas we stopped our mini food service in exchange for providing 'Scoops of Soup' to anyone in need throughout Worthing. These events were important in meeting our aims of feeding our Worthing community with healthy, fresh, food (lovely hot soup and bread).

A big thank you for The Vegan Bakery Company, Conscious Cow, and The Vegan Street Food Company for hosting us!

A Very Merry Christmas, indeed!

Speaking of Christmas, we were delighted to have received a generous amount of festive food items to add to our year-end parcels. Every one of our households started celebrating the season with vegan advent calendars—kindly donated by The Orchard Worthing and Teba International Foods—and finished the year with a full Christmas roast! It had all the plant-based trimmings, courtesy of The Vegan Bakery Company. From the bottom of our hearts, thank you to all the kind individuals and businesses that donated and worked tirelessly to make this season extra-special for our beneficiaries.



THE FLOUR POT
TARRING

The Flour Pot Bakery

We are thrilled to announce that we now receive a weekly donation of fresh vegan breads and bakery items from the amazing Flour Pot Bakery in Tarring!

They utilise traditional processes, incorporating nutritious nuts, seeds and other natural ingredients to add further dimensions and nutritional characteristics to their breads. Visit <https://www.theflourpot.co.uk/locations/tarring> to find out more!



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Speaking Out for You

On Monday, the 7th December we were proud of our very own Nathaniel Harper who was invited as a speaker at the All-Party Parliamentary Group on Vegetarianism and Veganism. He gave his thoughts on the topic 'Is Food Security an Issue for Vegetarians and Vegans?'.
The COVID-safe and online event was chaired by MP Christina Rees and Nathaniel was joined by co-speakers Jen Elford from The Vegetarian Society and Yasmine El-Gabry from V for Life.

Thank you to the Vegan Society and all attendees for making the vegan voice heard!

Your Multi Award-Winning Food Bank

Since we founded the Worthing Vegan Food Bank in March 2020, we have been on the forefront of making healthy and nutritious essentials available for those in need, in an inclusive way: with special dietary requirements, food allergies, and intolerances.

This forward-thinking has been recognised by the Sheriff of West Sussex, who recently awarded the Special Recognition Volunteer Award to our founder Pia Offord. And we were also recognised internationally by the Supreme Master Ching Hai International Association residing in Taiwan. The prestigious 'Shining World Compassion Award' was granted to us along with an extremely generous donation to the food bank.



We have been actively working with further causes such as other local food banks, charities, and the Worthing based Caring for the Animals Trust. For this, Worthing Vegan Food Bank have been voted and awarded the 'Best Supporter of Animal Charities' by Facebook's Sussex community group 'Foodie Forum for Veggies, Vegans and Wannabees' Award!

We would like to take this opportunity to thank all our amazing volunteers and supporters... without whom, we could not do what we do.

Get Involved!

We are extraordinarily grateful for every donation, no matter how small! And it is easy to support us and get involved!

You can donate items via our Amazon Wishlist:

<https://www.amazon.co.uk/hz/wishlist/ls/22D6FOZ11FI1Q>

donate via PayPal

donations@worthingveganfoodbank.co.uk
or email us on the same email address to find out more ways to help us!

Want to 'donate' some of your time? Give us a call on 01903 238 622 or email support@worthingveganfoodbank.co.uk

And please do not hesitate to hand our contact details to anyone you feel might need food support! Thank you.