



# Welcome to the Cambridge Food bank

## WHAT IS A FOOD BANK?

A food bank is a free service that collects and gives out food basics and some essentials to people who do not have enough to eat.

## WHAT CAN I EXPECT?

- Emergency food assistance gives you enough food for 2-3 days.
- We offer a respectful experience for everyone.
- Our 'shopping model' lets you pick the foods you want, which might make the wait time longer.

## WHO IS ELIGIBLE?

People who:

- Live in Cambridge or North Dumfries.
- Have a hard time buying enough groceries and maybe skipping meals.

## WHO SHOULD BE ADDED TO MY ACCOUNT ?

Anyone who lives in your home and shares your kitchen.

## HOW OFTEN CAN I VISIT?

- You may receive emergency food support once (1) per calendar month at one of our (3) locations.
- You can visit our Flash Food area in the hallway at our main location every day.

## WHAT SHOULD I BRING?

- Valid identification for each member of your household.
- Bring your own bags.





# Food Bank Facts

## WHAT IS FLASH FOOD?

Flash food is food is quick turn around items or high inventory items. Mostly breads and produce. This changes daily and there is no guarantee what will be there when you visit.

## WHAT ARE BEFORE DATE AND EXPIRY DATES?

**Best Before Date:** When stored properly, an unopened product will keep its quality until the stated date.

**Expiry Date:** When stored properly, an unopened product will contain the nutritional content shown on the label at least until the specified date.

**Neither date is about food safety.**

## NEED MORE ASSISTANCE WITH FOOD?

- Salvation Army - Food Bank
- Lang's Community Food Cupboard
- Neighbours Helping Neighbours Ayr
- St Vincent de Paul
- Family2Family



## WHO CAN VISIT THE MOBILE FOOD MARKET

Everyone is encouraged to visit one of our on-site locations. Can't make it to a market? Ask us how you can order online

