



Double your money!

Over the summer OFB's fundraising activities reach a peak, with our volunteers out and about attending various fetes and festivals throughout the Oxford area. So far Oxford Low Carbon Week, the Oxford Mela and Cowley Road Carnival have hosted the OFB stand (see photos below) with Binsey Fete, Elder Stubbs Festival and more to come.

Normally we convert every £1 of donations into £20 of food delivered to other local charities, but in the period up to the end of October your money will go twice as far! We have set a target of raising £25,000 over that time which will be matched by funds from another source. Don't wait, send in a donation today and make a massive difference to your local community.

For more details see:

www.oxfordfoodbank.org/support-us/make-a-donation



Grundon teams up with OFB

During December 2015 Grundon Waste Management teamed up with the Oxford Food Bank to launch a Festive Food Share campaign which raised over £3,000 for OFB.

Deputy Chairman Neil Grundon (pictured below with David Kay of OFB) said:

"Together with OFB our priority is to help reduce food waste. All sectors of the food industry should follow the example of the suppliers who already donate fresh food to the Food Bank."



Many Grundon staff, including Grundon Managing Director Clayton Sullivan-Webb (pictured below with OFB's David Cairns and Robin Aitken), volunteered at the charity, helping to pack and unpack supplies, and join distribution runs. "Seeing first-hand the great work OFB does to help vulnerable people in the community persuaded me that we could do more to help, both with fundraising and practical support," said Clayton as he announced a continuation of the partnership throughout 2016 which will hopefully raise a further £5,000 of funds.



The success of this project was recognised by Grundon and OFB being shortlisted for a community award at the mrw National Recycling Awards in July. Unfortunately we just missed out, but you can't win them all.

A huge thank you to all of our donors including John Ackroyd Trust, ERM, Stanton Ballard Trust and Ian MacTaggart Trust. We look forward to working with our newest fundraising partner Gousto. More details on our website News page soon.

Oxford Brookes Pack for Good Campaign 2016

In 2015 Oxford Brookes approached the Oxford Food Bank with a view to partnering a campaign by the British Heart Foundation, called Pack for Good. This is part of a wider national campaign where University and College students are encouraged to donate their unwanted goods when they leave at the end of term. The scheme has now been widened to partner with local food banks. Although there were donations of Pot Noodles (5 pots), the range of food donated was far wider than expected, reflecting the global diversity of students at Oxford. In total we collected a massive total of 100 full blue crates of food and toiletries which were soon found new homes.



Nick Walker

Read the full report from OFB's Nick Walker at www.oxfordfoodbank.org/about-us/news

Oxford Food Symposium

Each year Oxford University hosts the Oxford Food Symposium and this year OFB got involved as the theme was 'offal and reclaimed food'. It's a high profile event in the 'foodie' world attended by around 200 international delegates ranging from chefs and food academics to people who are just interested in the world of good food and wine.

We worked with the organisers and a range of other food producers to provide a vegetarian lunch made with ingredients that all had a link with food waste. Oxford Food Bank provided a large quantity of vegetables which



the chef turned into a chilled soup and used to accompany the main dish (which was based on mushrooms grown on waste coffee grounds in deepest Devon by a social enterprise called GroCycle). We also gave a good variety of red fruits which were

turned into a coulis with bread pudding and whey cheese provided by Borough Market.

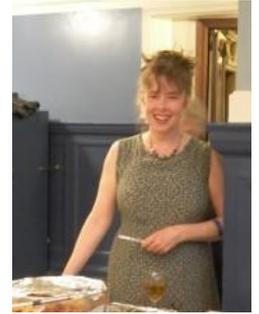
Cathy Howard attended the lunch to talk about the Food Bank and to listen to the very positive comments from delegates on the delicious meal. We raised not only a sum of money, but also the profile of surplus food and the need to change producer and consumer habits. We hope to stay connected to the Food Symposium team in future years too.

Read more at <http://www.oxfordsymposium.org.uk/spotlight-on-a-sponsor-oxford-food-bank/#more-2265>

Feeding the Food Bank

On June 13th the tables were turned on OFB volunteers as charities which are supported by the Food Bank's food deliveries rallied together to lay on a thank you banquet for them at Oxford Town Hall.

Having supported the Food Bank since it was just an idea on paper, Christine McDermott (pictured right) decided to organise the thank you evening. She said: "Food is a social glue which brings society together – and Oxford Food Bank is a testament to this."



A total of seven separate kitchens helped to prepare this meal, which included an impressive cake proudly bearing the OFB logo (pictured below).

Des O'Sullivan, who has volunteered at the Food Bank since September, said it had been a fantastic treat. He added: "We all feel very complimented that people value what we are doing."

OFB Chairman David Cairns was moved to say that the evening had "humbled" him.



Meet the team—volunteer profiles

Here are another three of our enthusiastic helpers giving the low-down on what being a volunteer at the Oxford Food Bank means to them.

Bob Waugh



Bob Waugh unloading a van at the base

I've been volunteering at the Food Bank for nearly two years now, and have settled down to a couple of regular base shifts on weekday afternoons, plus additional stints as and when needed and available. I've done quite a few collection runs mostly to Fresh Direct at Bicester, and a number of delivery runs to our charities, which are always good fun, but the base work has its own appeal.

It is very rewarding to see the food come in, help get it organised, then see it go out again to people who need it. I spent most of my working life in education – secondary, schools, higher education and a time in the education departments of a couple of UK charities. Education is long-term and you often wonder what exactly you have achieved; it also involves working in a world of ideas as you try to develop skills of critical thinking. It is rewarding in its way but sometimes intangible.

By contrast here the outcomes are in your face, immediate. There is need; it is responded to. You go home feeling you have done a little to make the world a better place. It is scandalous that we are one of the richest countries on the planet yet some of its inhabitants need such help. There is something wrong with that, and we should never cease to ask how things could be better. That however is no reason not to do something practical as well.

And then there are my fellow volunteers. If you've worked in any sort of specialised workplace, inevitably you find yourself working with people who are (broadly) similar to yourself. Here I am always prepared to meet someone different, from a body of people with a wide range of life experiences, and that is a great boon. As the Irish say, the craic is good.



Jude Carroll at the Food Bank base

Jude Carroll

I have done all sorts of jobs at the Foodbank for eighteen months now. When I tell people about it, I explain 'no, not that kind of foodbank.....'. This explaining business is very familiar territory for me because I used to work as a university lecturer, but not that kind – my job was to help lecturers to be good teachers.

Many of the strategies I suggested they use with their students have worked for me at the Foodbank. There's learning by doing, meaning I can now drive around Blackbird Leys almost unaided by patient navigators.

There's learning by experience such what happens when you 'rescue' too many spotty bananas. My freezer is so full of pulp that I bought an ice cream maker; so does this consumerism negate the efforts to reduce waste? That banana question shows just how mind boggling the issues of waste and food poverty turns out to be.

After I joined, I realized that the Foodbank's agenda was not about holding up a mirror to the surprises (or even the scandals) that I have come across here; but happily, a well-known TV presenter has done just that recently. Let him keep campaigning and I will stay practical, concentrating on day to day help plus collecting little pleasures alongside the more slimy things we do.

For example, recently I/we 'rescued' crates and crates of pomegranates. What would happen to them? The next day a TV news story featured one of the charities we drop off at and there the fruit was, being redistributed. I like those 'behind the scenes' moments though it will be a long time before I list standing in the slurry at the anaerobic digester as pleasant. But now I do appreciate how differently supermarkets deal with surpluses.

I enjoy getting to know fellow volunteers over a morning shift and I can even classify a crate at 10 metres as in 'That's an Aldi'. Who imagined last year when I started that there could be so much to learn and such a brilliant way to learn it all?

Thanks, Foodbank and especially those who work there.

Matthew Collier

I joined the Oxford Food Bank earlier this year looking for something to do on a Tuesday morning and now I'm on a regular delivery shift as a driver. Like many people, I spend much of the rest of the week behind a screen and I love getting out, using my hands and doing some good.

I derive the most pleasure in life from food. I love cooking it and, more importantly, eating it – and I can't stand waste.

At OFB we're helping to shrink the obscene mountain of good food that simply gets thrown away. That's very satisfying. But what's more is knowing that at the same time we also help those most vulnerable and most in need – almost the very definition of a 'win-win'.

The smiles and thanks we receive each and every day when we go out on the van warms the heart and acts as a real reminder of just how much good the Oxford Food Bank does.

The many local charities and community groups that we support often would struggle to exist without the food we deliver; whether it's giving a warm, filling meal to somebody sleeping out in the cold, helping give life skills to teenagers with learning difficulties or filling the stomachs of little ones, it truly is vital work that our partner organisations do.

Of course, we wouldn't survive without the generosity of those who support us either. The generous donations gifted to us – which come in the form both of food and funding – allow us to keep going 365 days a year and at the greatest times of need. After all, there is no such thing as a free lunch.

I always look forward to my shifts, which have gifted me friendship, enjoyment and confidence. But what's most important is that collectively, at OFB and beyond, we're able to go on making a real difference to help those who need it most.



Matthew Collier driving one of the OFB vans



OFB Supplier Profile Delicioso

Founded over a decade ago by the husband and wife team Jose Luis Alvarez Bernal and Kate Shirley-Quirk, Delicioso is dedicated to sourcing authentic Spanish products and developing good trading relationships with Spanish suppliers.



Inspired by their passion for Spanish food and culture, Delicioso strives to source products from family-run artisan businesses that make use of traditional methods to produce the finest quality Spanish foods.

The warehouses are based in Oxfordshire and supply to wholesale customers throughout the UK as well as making products available for the public via Amazon. Delicioso prides itself on delivering the highest standard of customer service to all of its clients, and whenever the opportunity arises it tries to support the local community. Delicioso's relationship with the Oxford Food Bank has been a fruitful one, with a wide range of products from cheeses to nougat supplied to OFB over the last few years. As they say "we are always happy to give to those in need especially if it means the delight of Spanish cuisine is able to enrich more people's lives".



Above: delivering to the Armenian Advice Centre, Acton.

The Felix Project

Over the last year the Oxford Food Bank has been involved in supporting a project to set up a similar, but completely separate charity operating in West London called The Felix Project. It is one of the objectives of OFB to replicate our model in other locations by this method. The Felix Project has now been fully operational for several months and looks set to flourish in the years to come.



Two Felix Project volunteers at their base.

Anyone else considering setting up a food bank using the OFB model is welcome to contact us for help and advice.

Our Suppliers

In addition to Delicioso we are also indebted to the following supermarkets and food wholesalers who generously donate food to us:

Alatoni	Bicester
Aldi	Bicester & Botley
Bookers	Oxford
Chef Direct	Didcot
Fresh Direct	Bicester
Gail's Bakery	Summertown
Marks & Spencer	Bicester, Cowley, Oxford & Summertown
Roots	Oxford
Sainsburys	Bicester & Kidlington
Rowse	Wallingford
Waitrose	Botley & Headington

Contact us:

The Oxford Food Bank is a charity with dual aims of reducing food waste and helping disadvantaged members of the local community. These aims are achieved through the daily redistribution of fresh food that would otherwise be thrown away by supermarkets and food wholesalers.

We are totally reliant on donations and volunteers to enable our operations to continue.

To find out more about volunteering see:

www.oxfordfoodbank.org/support-us/volunteer

For details on how you can send donations to us see:

www.oxfordfoodbank.org/support-us/make-a-donation

Keep up to date with the latest OFB news at:

www.oxfordfoodbank.org/about-us/news

General enquiries can be sent to us via e-mail or post at:

info@oxfordfoodbank.org

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