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## You can play an important role in helping our work



**Thank you for your interest in supporting the work of Exeter Foodbank.**

We do regularly get teams who offer their volunteering days or ask how their business, office, church or community group can get involved - but this can prove to be difficult.

We have about 170 volunteers - many of them are retired. Not only do they look forward to their volunteering slots, but something else is important too. Over time, our volunteers have become local experts in areas like dealing with vulnerable or upset people. They have learned about Safeguarding and about GDPR. They have been trained in de-escalating a situation of conflict. We have invested time and training into our volunteers and they are all needed in their normal roles. Because of this, it does make it difficult for us to welcome other organisations into our "world".

**Foodbanks are places of sanctuary.** Our clients may be upset. They may be struggling with issues, health and finances - and their dignity is of paramount importance to us. The situations that they face needs gentleness and discretion. We do not take photos or open the door to the public for all of these reasons.

Because of all of this, helping in our usual sessions for one session is not an option.

We often get asked if teams "could pack food parcels". However, we let our clients choose and pack their own food. We offer choice. This is really important to us - but it does close down another volunteering opportunity.

**But make no mistake. We do need you to volunteer! If you are interested, please read on...**

# Option 1: “The Essentials Expedition”

## A one-day volunteering challenge for Exeter Foodbank


A meaningful, visible volunteering day for Exeter Foodbank.


Instead of joining our regular sessions, you'll walk a mapped route through Exeter, visiting 24 shops and buying one essential item from each to build a complete food parcel.

As a charity, we need food donations to give to people in need. We also have costs. We have staff, a building and delivery vans. Other organisations understand the costs involved of keeping this valuable work going.


Each day, we see people helped in very difficult circumstances. Teams and groups just like yours can make a huge difference to us.

### The Essentials Expedition

 When: 9:00–14:30 (on a mutually convenient day)

 Where: From our home in Cowick Street, St Thomas to Exeter City Centre (main roads, mapped route)

 Gather a team of 2-6 people

 Each person will aim to raise a minimum of £100 in sponsorship

 Walk to 24 shops, buy one essential item from each, and build a complete food parcel

### Why?

- Raise awareness by walking visibly through Exeter in foodbank tabards!
- Raise funds to support Exeter Foodbank (£100 target per person)
- Provide real food for real people in crisis

### Who?

 Corporate teams, student groups, and anyone with a day to give

 Finish with a well-earned cuppa and a trolley full of kindness

 Share your journey. Tag us. Spread the word.


 Every step supports someone in need.

If you would like to discuss, please email: [mark@exeterfoodbank.org.uk](mailto:mark@exeterfoodbank.org.uk) or call on 07508 114996

# Option 2: “The Pop-up Parcel Booth”

## A one-day volunteering challenge for Exeter Foodbank

### **Pop-Up Parcel Booth: How It Works**

 **The Goal:** To engage the public in building complete food parcels — one item at a time, while raising awareness and inviting donations in real time.

### **Step-by-Step Setup**

#### **1. Choose Your Spot**

- Workplace foyer, supermarket entrance, campus quad, or Exeter High Street
- Needs space for a table, signage, and a donation box or trolley
- Bonus if foot traffic is high and weather is friendly

#### **2. Assemble the Booth**

- Table or trolley with signage: “Help Build a Food Parcel Today!”
- Visual checklist of standard parcel items (soup, pasta, rice, etc.)
- banner for instant charm
- Collection bucket for cash donations
- Optional: QR code for online giving or info

#### **3. Staff It with Smiles**

- 2–4 volunteers in tabards or themed costumes (“Food Parcel Heroes”, anyone?)
- Volunteers explain the concept and invite passersby to donate one item or a coin
- We may have a staff member or volunteer who can join you for the event and can answer questions that passers-by may ask.
- Hand out copies of our latest newsletter too!

#### **4. Build the Parcel in Real Time**

- As items are donated, tick them off the checklist
- Celebrate milestones (“We’ve got pasta!” “Only 3 items to go!”)
- Take photos for socials—tag Exeter Foodbank and use a campaign hashtag

#### **5. Wrap It Up with Gratitude**

- Once the parcel is complete, pack it up for delivery to Cowick Street
- Thank donors with stickers, mini cards, or a shout-out on social media

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**If you have any other thoughts... just get in touch. Your idea might seem odd... but we might be able to make your fun idea into something that really helps us.**