



Presfield are registered with foodbanks in North and South Sefton and Lancashire

There are over 1,400 Trussell Trust food banks in the UK, in addition to at least 1,172 independent food banks.

Let us know if you would like us to complete a referral, please email us at kgray@presfieldschool.org or jbannister@presfieldschool.org
tel: 07927 753055 or 01704 227831

Once someone has been referred, they can exchange their voucher at their nearest food bank for an emergency food parcel containing a minimum of three days' nutritionally balanced food.

Food banks are designed to provide short-term, emergency support with food during a crisis. They aim to relieve that immediate pressure by providing food, but also offer additional support so that people don't need to use the food bank again in the future.

How to get a food voucher?

In order to get help from the food bank you will need to be referred with a voucher.

Meeting your needs

To make sure that you are provided with a food parcel that meets your needs, you'll be asked for your food bank voucher. Volunteers will then use your voucher to check the number of adults and children the food parcel needs to support, the ages of children, and any special dietary requirements you may have.

Preparing your food parcel

Whilst your food parcel is being prepared, a volunteer will chat to you about your situation and point you to further support if they can, like a local debt advice service. Your food will be packed in supermarket carrier bags - the food bank will supply these, but if you'd prefer to bring your own, these can be used instead.

Practical guidance and support

Food bank volunteers are there to help. They will take the time to listen and make sure you feel comfortable during your visit to the food bank. They are specially trained to identify and offer practical guidance to help tackle the reasons for your referral to the food bank and will work with you to make sure you have access to the support you need.