**FOOD BANK ANALYSIS FOR JANUARY 2022**

The rise in inflation and the significant increases in gas, electric and petrol prices have all been in the news recently. These hit all of us, but those on a low or fixed income are hit hardest.

A volunteer forwarded me an article from the Guardian in mid-February. It discussed the impact inflation was having on the costs of a food bank in Whitsable. Prompted by this I compared the costs of common items in our own supermarket shop from January with those from early December 2021 – 10 weeks earlier. Examples include tinned custard which has gone from 80p to 88p and tinned potatoes which are now £1 a tin, compared to 85p in December. These increases may look small but they are 10% and 17.6% respectively.

We are also aware that many of the value or essential lines are just not being stocked by supermarkets so those on a tight budget cannot make a choice to save money.

Therefore, we are even more grateful for the continuing support both in donations of food and of money so we can help people feed themselves and still afford to heat their homes. We continue to be busy and are seeing many new clients looking for help. This month we have helped 189 people, 136 adults and 53 children, from 76 households.

With grateful thanks for all your support

Alice Penney