ONE CAN

One Can has been working particularly hard during the last 8-9 months to help those families across the area in desperate need of food during the pandemic. Many of the usual volunteers had to withdraw as they were over 70 and all the distribution points (like Marlow Methodist Church), were closed, so everything has been done by home delivery from the Wycombe Depot, with a new team of younger people.

There has been a big rise in the number of people being supported. In the week between from the 3rd - 10th November 544 people were supported, 250 of whom were children. This represents a 143% increase over the pre-Covid figures.

Currently there is a need for the following items, especially those in red.

✔	✘
Tinned meat (e.g. ham and corned beef)	(We currently have plenty of these items)
Tinned Halal meat	Baked beans
Tinned meat pies	Soup
Tinned veg	UHT milk
(eg green beans, mushrooms and potatoes)	Rice and pasta
Cooking oil (esp. olive oil)	Tins of fish
Vegetable stock cubes	Peas and sweetcorn
Shampoo and conditioner	Tins of spaghetti
Size 6/7/8 nappies	Pulses
	Hot dogs / meat balls

In place of the Reverse Advent Calendar this year, Christmas items of food are being collected to make into hampers until the end of November (please phone Jackie (481296) for more details)

Festive Community Hampers

One Can have launched a new App on Google Play or Apple for your phone so that you can access currant "wants and needs" whilst out shopping.

Although the original "Meals From Marlow" scheme ended at the end of June, the new "Meals for Marlow" scheme is still operating as a permanent charity, headed by Tom Kerridge and All Saints Church, and we are very grateful that the One Can clients in Marlow are still being supported by this scheme providing meals twice a week where possible.

Thank you for continuing to support the One Can Trust. If you would like know more or if you would like to offer support please refer to the website on how to donate, https://onecantrust.org.uk. or give me a call.

Jackie 481296