

# Food Banks: Fact or Fiction ANSWERS

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## Decide if the following statements into true or false:

 **The only people who use food banks are homeless.**


FALSE: In Hong Kong's there are a large number of working poor who do not have enough money for a regular supply of healthy nutritious food. Many of these live in rented accommodation, or in sub-divided flats and cage homes.

 **Food banks are bad because people depend on them and never learn how to support themselves.**

FALSE: Most food banks are to help people in terms of crisis, not as a long term solution to their problems.

 **Food banks are mostly staffed by volunteers, who give up their free time to help out.**

TRUE: They depend on volunteers to help raise awareness, collect, sort and store food and distribute it to charities or as food parcels.

 **Food banks are only used by refugees.**

FALSE: They are used by people from all walks of life. Every client has a different set of circumstances.


 **Food bank packages always contain plenty of fruit and vegetables.**

FALSE: Food bank packages often cannot contain fresh fruit and vegetables, or chilled items as they cannot be reliably stored, either by the food bank itself or by the receiving charities or beneficiaries.


 **Many clients helped by food banks are children.**

TRUE: In Hong Kong, 1 in 5 children is living under the poverty line and doesn't have a regular supply of healthy, nutritious food to eat.

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 **Food banks are only there to support people in times of crisis.**

FALSE: Some of the charities food banks support help seniors who have no other support or way of earning enough money to feed themselves. In Hong Kong 1 in 3 seniors is living under the poverty line.

 **Food bank packages contain plenty of raw ingredients, to encourage people to cook their own meals from scratch.**

FALSE: Some food bank clients will not have access to cooking facilities, so raw ingredients will not help them.

 **Food banks are only found in very deprived areas - you wouldn't find one in an affluent part of town.**

FALSE: Food banks can be found in, and help people from, many different areas, and their number is growing.

 **Food bank usage is growing year on year.**

TRUE: World-wide, the number of food banks is growing and in Hong Kong more charities are utilising and creating food banks to help feed their clients.

 **If you need a food bank you just turn up at one and ask for food.**

FALSE: Most food banks clients have to be referred by a specialist agency or charity. At Feeding Hong Kong, we deal only with charities, not with individual people.

 **Food bank parcels contain a variety of tinned and packaged food, including chocolate and crisps.**

TRUE: Food bank users may not have access to cooking facilities or chilled storage, so food is usually packaged or tinned. Snacks and sugary treats are also included.