













Food banks: Fact or Fiction

Decide if the following statements into true or false:

-  The only people who use food banks are homeless.
-  Food banks are bad because people depend on them and never learn how to support themselves.
-  Food banks are mostly staffed by volunteers, who give up their free time to help out.
-  Food banks are only used by refugees.
-  Food bank packages always contain plenty of fruit and vegetables.
-  Many clients helped by food banks are children.
-  Food banks are there to support people in times of crisis.
-  Food bank packages contain plenty of raw ingredients, to encourage people to cook their own meals from scratch.
-  Food banks are only found in very deprived areas - you wouldn't find one in an affluent part of town.
-  Food bank usage is growing year on year.
-  If you need a food bank you just turn up at one and ask for food.
-  Food bank parcels contain a variety of tinned and packaged food, including chocolate and crisps.