

# Helmdon Community Larder

## Who are we?

- At Helmdon community larder we provide a place for people to shop at a discounted rate.
- You can also grab a tea/coffee and cake for £3



## Stats

- **23** volunteers
- **49** households supported
- **50%** of members over **65**
- **15%** of households include a disabled person
- **35** hours of volunteering each week!

## How does it work?

- We are open 2pm to 3pm every Friday (except bank holidays) at the Helmdon Reading Room.
- The café opens at 1:45pm.
- An annual membership to use the larder costs £10.
- Once you have a membership, pop down on the weeks that you want to shop.
- You then decide if you want to spend £5 or £10 that week.
- Each £5 you spend will be equal to around £30 worth of food. This includes bread, fruit and vegetables that are FREE!

If you are still unsure, we invite you to try once before you sign up for our membership. Anyone can join.

## Why should you shop with us?

- We are a sustainable way to shop, Helmdon food larder prevents 180kg of food going to waste each week!
- The food larder only exists because of donations and volunteers. All money gained is put back into the larder. The more people who shop with us the more we can help. Charity starts at home!



# Helmdon Community Larder

## FAQs

### **Is the Helmdon Community Larder a food bank?**

The Larder is a membership scheme which allows people to shop at a discounted rate. It is not a food bank, which provide crisis support only.

### **Can anyone become a member?**

The larder is open to everyone, and we want to ensure that it reaches people for whom buying food is becoming a headache because of recent rising prices and/ or lack of transport. We can help those who really need us with the support of the wider community. It's important that we help people in a dignified and inclusive way.

### **Is this for Helmdon only?**

The larder exists to help residents of Helmdon. However, based on the experiences of other Larders in Northamptonshire and how they have been able to help people, it would seem a shame not to welcome members from surrounding villages or from Brackley Larder.

### **Who can I contact for more information?**

The Larder is run by volunteers.

If you need more information or would like to help, please contact Lillian Hosea: [Helmdonlarder@gmail.com](mailto:Helmdonlarder@gmail.com)

**Scan the QR code to follow our Facebook page for the latest larder updates.**

