



Euston Foodbank Newsletter

August 2025 edition



Welcome to the August edition of Euston foodbanks newsletter!

This month, we are so pleased to highlight the generous contributions the foodbank has received and the ways that this has allowed us to support our community. We have received some wonderful essential items from our corporate volunteers and the charities that regularly donate (including a lot of noodles!). To help beat the heat, we were also able to hand out ice-cream (and all the toppings) to our clients this month, which went down a treat.



Volunteer Highlight - TheTradeDesk!



This month we were joined by The Trade Desk, who generously organised an event for our clients.

Their team served hot meals of jacket potatoes with chicken and tofu and distributed bags filled with essential toiletry items for men, women, and families. These included shower gel, deodorant, sanitary products, mouthwash and much more.

In total, The Trade Desk prepared and handed out more than 300 bags and hot meals on a very busy Thursday, which had an incredible impact on our community.



A little more about where our food comes from...

Here is an example of what a food parcel for one of our homeless clients looks like...

Items such as bread, pastries and some fresh fruit and vegetables are collected from our local Waitrose and M&S branches.

As a self funded foodbank, we spend an average of £10,000 every month purchasing non-perishable food items.



Additional items are donated by either Felix multi-bank, or City Harvest, who donate weekly.

In addition, two tonnes of food is donated weekly by FoodBankAid

Augusts most needed items

If you are able to donate, our food bank accepts any food that is in date and unopened!
Heres what we need the most this month...



Tinned Fruit
Tinned Meat
Shower Gel
Deodorant
Biscuits
Rice

And for our NFA clients:
Wet wipes
Chocolate
Nuts
Dried fruit
Tinned meat (with ring pull)



This months volunteer interview!



My name is Mohammed Abdul and I've been volunteering here at Euston Foodbank for around 6 years now. I'm a plumber by trade and I was born and raised in Mornington Crescent, just round the corner, so this has always been my community.

Why did you start volunteering at the Foodbank?

During Covid, I had a big life change and it brought me back to reality about what I wanted. It reminded me that you have to give back in life, and that we should be grateful everyday

to be alive and healthy and that we are able to help others. I saw the logo one day and enquired about volunteering and that was that!

What do you like most about volunteering here?

The best thing for me is the other volunteers, who are all very genuine people. I love how a team of people come together, despite what they might have going on in their own lives, to give back to our community and help where we can.

Would you recommend volunteering at the Foodbank to others, and why?

Yes, but it can be challenging. The job requires a lot of patience. Many of our clients are vulnerable, so we need to be gentle and understanding. Every session has a different atmosphere, but overall, yes I absolutely would.

Thank you all so much for your donations, time, energy and engagement, your support allows us to help some of the most vulnerable in our community. For more information about volunteering or donation opportunities, please visit [Euston.foodbank.org.uk](https://euston.foodbank.org.uk)

email: info@euston.foodbank.org.uk | mob number: 07400 053838 | Instagram, Facebook and X: @eustonfoodbank

Love from the Euston Foodbank Team