



You are welcome

when you sometimes cannot cope on your own

At times, people struggle to make ends meet. Then there is not enough money to buy food. This can happen to anyone. Even to people who never expected it. We are here on hand for everyone. You are welcome at the Food Bank!

Who is the food bank for?

We are here for anyone who does not have enough money for food. It does not matter who you are. It does not matter how young or old you are. Or why you need help. We are here to give you a helping hand. Until you can cope on your own again.

What will you get from the food bank?

You will get good, healthy food from us every week. You do not have to pay anything for that. You can come to our distribution centre to pick up or select these free groceries. It is usually enough to feed you for 2 or 3 days. Exactly how much you get depends on your situation. For example, are you a family with children? Then you will get more food than someone who lives alone.

We help you with:

- ✓ good and healthy food
- ✓ free groceries every week
- ✓ for children up to the age of 18 celebrating their birthday, a box with surprises and a gift
- ✓ ideas for other ways to help



VOEDSELBANKEN.NL
Utrecht

You are not the only one

The Food Bank is for anyone who does not have enough money to buy food. We help you (temporarily) with free food for you and your household members.

'I'm not ashamed that I asked for help. I'm actually really happy to get extra food every week. It's one less thing to worry about!'

- Carina, Food Bank client

More information

Would you like to know more about what the food bank can do for you? Or do you know someone who could use some help with food? Let us know. Throughout the Netherlands, there are 177 food banks. So help is always available in your neighbourhood.

Register

Is there not enough money left over from your income to buy food? Then register with the Food Bank. You can do that yourself. Or maybe you can get someone to help you. A friend or acquaintance, for example. Or someone from the municipality, school, church or mosque. You will receive help straight away from the Food Bank, then afterwards, we will check with you to see if you meet the criteria.

Here's how to contact us:

Check our website for the phone number in your area: www.voedselbankutrecht.nl



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