



Please donate the following items
to help local people in hardship

SHOPPING LIST

- Long Life Milk
- Tinned Tomatoes
- Tinned Meat
- Tinned Veg
- Tinned Fruit
- Cereal Bars
- Shampoo
- Tooth Paste

For more info on **Start Up Stirling** and our work supporting those experiencing hardship and hunger in Stirlingshire please visit our website at www.startupstirling.org or contact us at mail@startupstirling.org or call 01786 561027

Start Up Stirling

We provide help and support to local people experiencing poverty, hardship and hunger.

Our Services

Start Up Crisis Food Support

We run two foodbanks every week in Stirling and for those who cannot attend, due to distance or disability, we also provide a food pack delivery service to their homes. In our food packs we try to provide the basics for 3-4 days for an individual or family. This will include fresh food and bread whenever possible. Over 300 people, including at least 100 children, receive emergency food from our foodbanks each week.

Start Up Helper Packs

Those moving into a new home from homelessness may have absolutely nothing to move in with. We provide enough of the basics: crockery and cutlery, towels, sheets and duvets to allow a new start to be a new start.

Start Up Support Service - Beyond the Foodbank

For those in social isolation and attempting to rebuild their lives we provide support sessions separately from our foodbanks. In a café environment, clients can be befriended, helped to find the assistance they may need and encouraged to build their independence.

How can you help?

Donate food, donate money, donate your time/skills and champion our cause in your community.