NEWS

About us

Food for Thought

Helmdon Community Larder is one of six who are supported by Food for Thought Daventry (FFT) in the county. FFT provides governance, funding support, insurance, guidance and mentoring. The Larders are run by local volunteers and their proceeds are used to purchase food and supplies.

What we do?

Food supply

We want to support those who are in need, either because they are in financial hardship, or do not have access to low cost food,

Food waste

By removing excess from the food chain, we are able to provide food direct to our communities. Helmdon saves over **180kg** of food from going into waste each week

Community support

We have no access to public transport and no village shop. This creates challenges for some in our community: over 15% of our member households include someone who is registered disabled and 54% of our members are over 64 years young.

Who is the larder for?

Everyone! We can't do what we do without the support of everyone in our village. By opening our doors to the whole community, we are also able to help those in most need in an inclusive and dignified way.

What do you get?

Your £10 membership gives you access to the larder for 12 months.

You can then choose either a £5 or £10 shop.

£5 of goods delivers over £30 of value in your shopping bag. We do this by providing bread, vegetables and fruit free of charge. That's before adding in the time and cost to get you to our nearest supermarket!

£5 shop **£30 of value**

Stay for a chat

You can also sit, relax and chat to your neighbours and friends. A hot drink and a piece of home made cake is £3.

How we do this?

We buy in goods from local supermarkets at retail prices, looking for the lowest prices for our goods in the local area. In addition, we take excess goods out of the food chain BEFORE they get to the supermarket through a charity called Fareshare in Leicester. The combination of the two is what delivers the value of the shopping bag you leave with.

Our volunteers

We couldn't do any of this without the help of our fantastic band of volunteers! As a group, they spend almost 50 hours a week, working behind the scenes to organise and operate the larder. **If you'd like to become one of our merry group, please let us know by emailing us on Helmdonlarder@gamail.com**

Where does the money come from?

A five pound shop, costs around £12 to purchase.

The difference of £7 is funded by your membership fees and fundraising. Currently, we are have funding from Helmdon Parish Council, EKFB (HS2) and West Northamptonshire Council.

What happens at the end of the larder?

In date, fresh and chilled food is taken to another larder in the Food for Thought group to reduce waste. Anything that is out of date or damaged is given to a local pig farmer and packaging is recycled.

Thank you for continuing to support us.