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## **Information about our Food Banks**

- **Food Banks are social shops that collect and give away food.**
- **Food Banks operate independently of the State and any State institutions.**
- **The people who work in the Food Banks are volunteers and most are unpaid.**
- **There are set rules for shopping in our Food Banks.**
- **Our food is donated by bakeries, shop owners and producers.**
- **We can only distribute as much food as we are given.**
- **Some days we have a lot of food, some days only a little.**
- **We only have good quality food in our Food Banks. The minimum shelf-life date can have expired.**
- **To use our shops you need a customer card that is only given to people with little money.**
- **The food is only handed out to people who don't have a lot of money.**
- **The food is distributed fairly among our clients.**
- **Big families receive more food than small families.**
- **We make no differences between countries of origin, skin colour or religion.**

**It is your free decision to make use of the services we offer!**

- **We provide information about advice centres and other social service organisations.**

**Please ask us if you have any further questions.**