

## Our Project Story

*Kintyre  
Food Bank*



**Tell us about the funded project – what did you set out to achieve? Who participated? How successful was the project? Will your project continue?**

We set out to raise awareness of the help available from Kintyre Food Bank across rural Kintyre. We also wanted to produce a recipe booklet using ingredients provided in food parcels.

Committee members travelled to Clachan Smallholders` Gathering, MS Centre, Lochgilphead, Clachan Village Hall Table Sale, Tarbert Winter Festival and MOK Music Festival Doon the Green and talked to people at these events, as well as distributing flyers. Recipe booklets sold well and a number were provided to Kintyre Youth Cafe. They were also available at KYES and Zero Waste Heroes, as well as the Hardware Shop and TSI office.

Recipe booklets were given out with food parcels to clients and very good feedback was received.

We were assisted in preparing for events by a very willing volunteer who has learning difficulties. His help was greatly appreciated and he enjoyed working as part of a busy team.

As a result of the project, clients from Skipness and Whitehouse have been in receipt of food parcels. KFB has developed a system of delivering food to outlying areas. We regard this to be a good outcome of a successful project.

“I really enjoyed making some of the recipes in the book. I’ve adapted them by adding my own favourite ingredients.”

“The wee one likes the apple crumble. It’s an easy way to get her to eat fruit,”



**What were the health benefits?**

Following the recipes contained in the booklet means nutritious meals have been made and consumed.

**Where there any unexpected outcomes?**

We have raised funds on e-Bay selling copies of the booklet autographed by Nicola Sturgeon and Brendan O`Hara.

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