

Each week, Well-Fed, in partnership with Flintshire County Council, has been delivering meals, slow cooker bags and safety boxes to hundreds of vulnerable households in Flintshire free of charge - ensuring that residents in difficulty, residents who are self-isolating and unable to get out and residents in need in our sheltered schemes and supported housing will receive good, fresh food.

We are now over half way on delivering a 12 week emergency food support response to the Covid-19 situation.

Over the past few weeks we have been able to support our shielded and most vulnerable tenants with nutritious healthy meals to get them through this troubling time. We are also providing fresh provisions in the form of Well-Fed shielded boxes. These consist of freshly prepared meals as well as provisions such as bread, milk, eggs and other fresh produce as well as any kind donations we have received to keep residents nourished. Our deliveries are reducing supermarket visits substantially and are often the only food some residents, forced to shield, will receive.

The emergency food efforts for weeks 1-6 are as follows:

**Week 1**

12 drivers

2000 meals

432 deliveries

100 Well-Fed shielded boxes

**Week 2**

12 drivers

2400 meals 200 Slow Cooker Bags

447 deliveries to singles, couples, families and shielded residents

206 Well-Fed shielded boxes

**Week 3**

13 Drivers

2400 meals 200 slow cooker bags

494 deliveries to singles, couples, families and shielded residents

210 Well-Fed Shielded boxes

**Week 4**

13 drivers

2400 meals 200 slow cooker bags

451 deliveries to singles, couples, families and shielded residents

228 Welsh Government shielded boxes – started to receive the Welsh Government boxes and deliver enhanced with Well-Fed meals and fresh provisions, milk, bread, butter, ham, cheese, eggs, beans and cereal.

### **Week 5**

20 drivers

2600 meals 100 slow cooker bags

522 deliveries to singles, couples, families and shielded residents

268 Welsh Government shielded boxes

### **Week 6**

25 drivers

2500 meals and 100 slow cooker bags

530 deliveries to singles, couples, families and shielded residents

179 Welsh Government shielded boxes

This emergency food support is having a big impact, helping residents who are shielded and our most vulnerable in the community at this very difficult time.

If you have received a shielded letter and require support with food or are struggling to purchase food at this time, please contact 01352 752121 for further details.