



## Listening points

### Food for thought

*I know what it's like to use the same teabag twice  
To cut the mould from the bread, to rescue a slice  
I didn't ever think I would be in such a mess  
While working full-time for a living, while suffering from illness and stress*

*I choose to work to pay my own way  
But have no spare money at the end of the day  
The cupboards and fridge are empty what else can I do?  
Throwing my three elderly pets on the street?- It just wouldn't do.*

*I don't have a partner for support, the children have grown and left home  
No luxuries do I have that I can call my own  
I do not have a plasma screen TV  
No tumble drier here for me  
No plush leather sofa or latest mobile phone, no holiday do I take or house do I own*

*So swallow my pride I know I must do  
So I visited the foodbank who welcomed me within  
As I wiped the tears from my face rolling down my chin,  
Foodbank volunteers greeted me with a smile, sat me down with a cup of tea*

*I began to chat and told of my dismay  
At finding myself at the foodbank today  
Not a penny in my purse that I could offer to pay  
"What more could I say?"  
"It's alright", the lady said as I was handed a tissue  
Don't look at being here as such an issue  
So privileged and grateful I felt as I was provided with food - as if heaven sent*

*To have food on the table this cold winter's day  
Is very much appreciated I'm humbled to say  
Foodbank, I thank you for helping me today*