

## **FOOD BOXES FOR PEOPLE WHO ARE SHIELDING AND HAVE NO SUPPORT**

Wales has a strong tradition of people helping one another and at this difficult time a lot of great work is happening in all our communities.

Much of it is organised at a local level, building on the trusted community links already in place. Find out more about how you can volunteer at: [gov.wales/safehelp](https://gov.wales/safehelp)

If you have been sent a letter by Wales' Chief Medical Officer asking you to follow shielding measures and have no means of getting food – no family, friends, neighbours, carers or local support groups who can deliver to you – remember that a food box scheme is in place.

If you would like to request a food box call Pembrokeshire County Council's Community Hub on: 01437 776301.

We will authorise orders and the food box will be delivered directly to your home by a food service business. Once your delivery begins, it will be a weekly delivery.

The box will contain essential foods in packages and tins but only limited fresh produce. We are not able to vary boxes to take account of allergies or other dietary requirements but contents will be labelled. We hope to improve this and offer choice at a later stage if that is possible.

A box will provide food and essentials for one person for one week. If there are two eligible people in the house, there will be two boxes.

If you are unable to visit a pharmacy yourself, please ask a friend, family member or neighbour to collect your prescription on your behalf. Contact your pharmacy about how to get your medicine if you cannot arrange for someone to collect them.