

Online feedback from Community Fridge Customers about why they use The Community Fridges and what, if any benefit they are to them and their families.

*Answering your post re The Community Fridges. Myself and my Partner regularly use the Moncrieffe one. We have been able to try some really unusual things as well as stock up on staples. He always comes back with stories of who has been in or who has been volunteering. I think for some people it is a wee outing out of the house and a chance to have a chat with others so it is a social thing too. We are lucky that we aren't quite on the breadline but I'm sure for some families etc the Fridges will make a huge difference.*

*I started using the community fridges as I came across them by accident through my job. I'm someone who hates waste so when I found out it was for everyone I started to pop along. I soon realised I was saving money on my weekly shops. I would go weekly to the Letham one and then realised there was one over by where I lived so would also use the Moncrieff one too at the weekends. I felt it was so valuable for me and my family I have now become a volunteer and do shifts every month at the community fridge closest to me. I think they are a fantastic thing to offer in the community and every town should have one.*

*I use your Letham for all it has been our family's saviour in times of need. thinking I wasn't gonna be able to feed us at times it is such a good place. To go I'd be lost without it. To be honest and save's a lot food waste also*

*Hi there, I use the Moncrieffe food share when I am able too. Really like the fact it stops landfill and food waste. Many thanks for all you do.*

*I use the community fridge as I have to live on 64 pound a fortnight, I have to put gas and electric in which takes my money and the fridge helps me eat if it wasn't for the fridge I don't know what I do*

*Yous are amazing it's a struggle but with fridge helps me a lot x*

*Hi. Re your fb post. I use your services for any Ladies in my group who are struggling with their mental health and finances. It has been a Godsend for them, at times. Thank you so much for your services*

*We use letham4all and have visited the others, we have 4 kids and are struggling with the cost of living even though we both work, we feel it hard to keep up with the Jill's and the food bill is always the first to be reduced as no one comes knocking at the door for that none, it has been a life saver for us as it means we can still give all our kids a good healthy and filling meal as well as a warm house instead of one or the other*

*Hiya. I use the community fridge in Moncrieffe sometimes to save food going to landfill and to help us out when money is tight.*

*I have used Muirton and Letham and do this to get me by near the end of the month before pay day and also if passing by I will nip in to the Muirton one and have a chat with who is on and have a look while I am there and maybe pick up a few bits*

*Hi there, I saw your message on Facebook. I used your fridge when unemployed during the summer a few times. It was very much appreciated. I was trying to support my daughter who completed a uni degree and worked in a low paying job and needed help to keep up with the rent. While I was also unemployed and waiting on Income support . Since then, we are both back in work but I was more than grateful for the help received with very little questions. Thank you so much as it was a very stressful journey. You do a wonderful job which is very much appreciated especially when your trying to keep everything afloat. 😊*

*I use the Moncrieffe one and a friend has got me food from the Letham one before too. It really helps on weeks/days when my energy is low and I love the freezer meals you can defrost and have on those times. I suffer from some health issues and it really does help me feed my family (2 teenage sons). I also like that less food is getting wasted as it really is a problem. Some people have so much food that they throw out regularly*

*I use the food share in Muirton when my shifts allow . Love the fact I'm saving food from waste- helps fill my cupboards and fridge and also chatting to the volunteers who are lovely and helpful. Just wish I could visit more often as work 10 hour shifts*

*Hi I recently started using the community fridge at Moncreiffe as i am between jobs at moment which has affected income. The community fridge has enabled us to get fruit and vegetables, breads and frozen meals, tins and personal products which has made a big difference to our situation. Lots of big pots of soup have been made and lots of smoothies too - thank you so much to your volunteers, shops and charity for organising this scheme it is very much appreciated 😊.*

*Evening, I saw your post asking about why I use the community fridge. I started using it to save money as times were getting harder, but I realised how much I was saving from getting wasted and now enjoy getting an occasional treat. I hardly buy bread anymore as I get it from the fridge. I take my minded children down, and they enjoy the experience of going, and the volunteers are always so good with them giving them a wee treat. Thank you for the fridge x*

*Morning, I use the Community Fridge at Moncrieff primarily to reduce food waste and reduce the impact this has on the environment. I only take the items which would be heading for landfill, I don't use the 20p items or pre-prepared meals and leave these for others. Benefits to my family are slightly reduced costs on our food spend and the odd bunch of flowers which I hand into an elderly neighbour. It's a fantastic project, thank you to all who support its success.*

*I use the community fridge to save wasted food and it saves a few pennies before payday! really helpful and appreciate it being there 😊*

*Hi! I use the Letham fridge, because it helps me feed my family, the people that are there make me feel accepted and human, I seriously doubt I'd have got through this year and last Christmas without them. Being on benefits and being a full time unpaid carer for my husband (and a mum) means that my needs and health come last, but Fiona, Doris, Ann, Bella, Ellie, Soirse (apologies if I spelt it wrong) are always amazingly welcoming and helpful and I feel like me whilst I'm there. The food I pick up, it means I can feed us. The luxuries like bread and fresh fruit and veg - it's heaven. My son even gets sweet treats I usually can't afford! The Letham fridge gang also helped over Christmas, thanks to them we had Christmas. I've also met some lovely people in the queue. I've not been able to get there for the last couple of Fridays, and I missed the people, and I really struggled without the food and support.*

*The community fridge provides a welcome support to me and my family. it's a lifeline to so many. there is a welcome and a non-judgemental welcome where we are giving items that help keep our families and even our pets at time fed. thank you for all u do. it's much appreciated*

*definitely reduce waste Trying to save more money to cover other bills so this helps - ideas for dinner (I work around produce I get for dinner ideas) - it's close to my house*

*Thanks, Letham4All. I use the Letham fridge for our baby and toddlers group at St Mark's. It helps reduce our costs, staff are always friendly, and I even sometimes get a wee sweet treat or fancy loaf of bread for myself. Thank you 😊*

*This is a great service to assist in the continuing food waste and helping all individuals who are watching. the pennies. Big cheer for all involved ❤️*

*It helps when you've got 7 mouths to feed especially in winter and kids eat more and you need to Heat sitting room as well it's all appreciate as the saying goes every little helps 😊 x*

*Mary and I jk2 love coming to the Letham4all as there is lots of food and meeting people there to chat with and the staff and volunteers are very helpful.*

*I come along to the Letham4All community fridge ,fantastic place 1- reduce waste 2-saves me money great food to be bought at 2Op along with bread and fresh fruit and vegetables for free. 🤔🤔🤔🤔🤔🤔🤔🤔🤔🤔🤔*

*Use Muirton, great saving on food waste and cost. Especially for soup making for freezer. Low income..! I love that there are ready meals for those that need them. Or are mobility challenged in food prep. Thankfully I can still prep my own. However a slight gripe... May be that I have observed that a few family come in multiples and gather rather than allow share. Also as passing other areas have seen some family's queued up at other area shops. As post code is asked for possible inter link shops. To allow even chance of distribution...*

*I come to save money as I am on disability benefits*

*This is my reasons to go to the shop. First I hate to waste and have honestly not thrown any products I have bought or got from the shop , 2 going to the shop help me with my finances for the weekly shop. I can get a lot of basics from there which when you're on a pension really helps out.3. It's also interesting for me to see the variety of products. You have there throughout the week so I would never think of buying. Over the week you can collect enough products to create some interesting dishes. It's a bit like ready steady Cook, never knowing what you're going to get or what you're going to create from it. 4. It's also helpful to my mental and physical health as it gets me out of the house. I have also made a few friends volunteers and clients I meet around town and I get to chat to. 5. Being house bound a lot of the time it's easy for me to get to you and also has given me the confidence to shop elsewhere and get out more. it is also hard feeling guilty coming in and taking products, but I know I'm doing the right thing. So it's not just about getting products for free or inexpensive shelf products. It's about all the benefits I get from it. Hope this feedback has been of some good most of my visits have been very positive sometimes negative but I can deal with that. Forgot to add when you have disabilities, you lose a lot of contact with places and people in isolation is a real thing getting me out of the house. It's such a big help*