

Quiz Time - Let's Make a Difference Together!

Welcome to our Foodbank Quiz.

This is a chance to have fun, learn something new, and make a real difference in our community.

This quiz is designed for teams, small groups, and people of all ages. You can use it as a full quiz or pick out your favourite rounds to include in your own event.

As you play, you'll discover more about the work of the foodbank. Behind every question is a real story, and every answer helps shine a light on the growing need in Rugby.

More people than ever are needing emergency food support, while donations are becoming stretched. By coming together in a spirit of generosity, we can help change that.

We hope this quiz brings fun, connection, and inspiration and encourages everyone to take a small step, whether by donating food, giving financially, or simply spreading the word.

Together, we can help ensure that no one goes hungry.

Scoring:

Each correct answer can score 1 point or a score of your choosing.

There is one question (Round 2 Q.6) where all options are correct so you can choose how to award maximum points.

ROUND 1: TRUE OR FALSE

Which of these statements are True or False?

- 1) The Foodbank also provides Toiletries, pet food and laundry detergents
ANSWER: TRUE
- 2) Trussell Foodbanks also give alcoholic drinks to people who request them?
ANSWER: FALSE
- 3) At Rugby Foodbank we also offer a free taxi home for people with more than 2 bags.
ANSWER: FALSE
- 4) Many people using Foodbanks are also dealing with long term illness or disability.
ANSWER: TRUE
- 5) People in work don't need support from Foodbanks.
ANSWER: FALSE
- 6) Early support and advice can sometimes prevent a financial crisis.
ANSWER: TRUE
- 7) If people donate to the Foodbank regularly it adds significant cost to their weekly or monthly shopping bill?
ANSWER: FALSE - Supermarket brand hand soap can be as little as 55p. Fairy liquid can be around 67p. Lots of small donations can really make a difference.
- 8) There are more foodbanks in the UK than MacDonalds
ANSWER: TRUE - There are approximately 1450 MacDonalds in the UK and 1650 Trussell Foodbanks. There are approximately another 1000 food banks that are provided by other charities.
- 9) People donate things to the Foodbank - not just food. Rugby Foodbank has seen the following things donated: weed killer, false eyelashes and hair restorer.
ANSWER: TRUE
- 10) A third of all food parcels in the Trussell network help to feed children.
ANSWER: TRUE

ROUND 2: Who Needs the Foodbank?

1) Which of these is the main reason why people need support from Foodbanks today?

- A) They are homeless
- B) They are unemployed
- C) Rising costs of essential things and not enough income.
- D) People have too many children and can't feed them.

ANSWER: C

2) In 2024 Trussell looked at the percentage of individuals affected by hunger and hardship by their age group. Which age group do you think is most affected.

- A) Children aged between 0 and 4 years old.
- B) Children age 16 -19 yrs old
- C) People aged 50 -59 yrs old
- D) Pensioners

ANSWER: A - The risk of hunger and hardship appears to decrease with age. However, There is a under-representation of support for people aged 65 and over. Just 3% of the support provided by food banks is for people aged 65 and over.

3) According to research that Citizens Advice completed for Warwickshire what is the *number one* driver of food poverty?

- A) Regular income that isn't enough to cover essential bills.
- B) Poor budgeting
- C) Addiction
- D) High gas and electric bills

ANSWER: A

4) Which of the following is a common reason people suddenly need food support?

- A) They bought a big new TV
- B) A one off expense like a funeral, vet bill or a car repair.
- C) Going on holiday
- D) They lost their job.

ANSWER: B

5) Which group of people are more affected by food poverty, than any other?

- A) Unemployed people
- B) Students
- C) Refugees
- D) Families with children

ANSWER: D - Families with three or more children are especially likely to face severe hardship.

6) When people visit Rugby Foodbank because they need food. How do you think they feel?

- A) A sense of shame
- B) Worried and tearful
- C) Relieved they can feed their family and children
- D) Hungry.

ANSWER: ALL OF THE ABOVE. Give one point for every correct answer. Or double points if anyone answered all four.

ROUND 3: All About the Numbers.

1) How many food parcels were distributed by the Trussell network of Foodbanks across the UK in 2023 /2024?

- A) 6.24 million
- B) 3.12 million
- C) 987 thousand
- D) 974 thousand

ANSWER: B - 3.12 million

2) In 2025 how many parcels did Rugby Foodbank distribute?

- A) 12,357
- B) 8,219
- C) 5693
- D) 4976

ANSWER: C - 5693

3) What proportion of the UK public believe that everyone should have enough money to afford their basic needs and the dignity to buy their own food?

- A) 84%
- B) 78%
- C) 65%
- D) 58%

ANSWER: B - 78%

4) What proportion of people coming to Rugby Foodbank come just once in a year to receive emergency food?

- A) 56%
- B) 63%
- C) 24%
- D) 15%

ANSWER: A - 56% of people come only once to collect 3 days of emergency food and we don't see them again.

5) How many tonnes of stock came into Rugby Foodbank warehouse in 2025?

- A) 32 tonnes
- B) 48 tonnes
- C) 69 tonnes
- D) 83 tonnes

ANSWER: D

6) How many tonnes of stock went out Rugby Foodbank in food parcels in 2025?

- A) 40 tonnes
- B) 56 tonnes
- C) 82 tonnes
- D) 88 tonnes.

ANSWER: C

Round 4 - All About Rugby Foodbank.

1) What items are often needed by Rugby Foodbank but are in short supply?

- A) shampoo and conditioner
- B) Salt and pepper
- C) Coffee and sugar
- D) Tins of fruit and custard.

ANSWER: C

2) Rugby Foodbank runs on 2 teams of volunteers. Volunteers on the warehouse team sort out the donations coming into the warehouse and make up pre-packed parcels. The distribution team run the afternoon sessions giving out food to the people who need it. How many volunteers in total are involved in the running of the Foodbank?

- A) Between 15 and 25
- B) Between 30 and 40
- C) Between 45 and 65
- D) Between 70 and 80.

ANSWER: D - We have around 80 volunteers on a two-week rota.

3) In the past strange things have been donated to the Foodbank including contraceptives and constipation tablets. Is this True or False?

ANSWER: TRUE

4) What items do you think we regularly have to purchase because they are not donated often enough?

- A) Dog food
- B) Snack meals in tins
- C) Pasta
- D) Cereal

ANSWER: B

5) We often give out something called a kettle pack.
What do you think a kettle pack is?

- A) A free kettle that uses less energy.
- B) It's code name for an advice sheet for people who have been in 'hot water' with DWP
- C) It's different food for people who have no access to a cooker.
- D) It's a free set of exercise kettlebells to help people stay fit and strong.

ANSWER: C

6) What else do Rugby Foodbank give to guests who visit us for emergency food?

A) A free lunch

B) Clothes and school uniform for children.

C) Advice and support from Citizens Advice, Christians Against Poverty, Family Information Service, Health Exchange, Act on Energy, MIND & Benefits Officers from Rugby Borough Council.

D) A free phone and sim card if they need it.

ANSWER: C

You can continue on to round 5 or end with this short message.

On behalf of everyone at Rugby Foodbank we **Thank You** so much for taking part in this quiz. We hope you've had fun, learned something new, and been encouraged by the difference we can make together.

Small acts of kindness, generosity, and compassion can change lives, and we appreciate every effort made.

People who come as guests to the foodbank in need of food are often extremely grateful and overwhelmed by the kindness of others. We hope that this quiz has spread a little happiness among you and been encouraging as we all try do our best to care for people and families who are struggling to buy food.

We are all stronger and more resilient together.

Thank you for supporting us

ROUND 5: Trussell is a Christian Charity.

1) **Finish this sentence:**

“Whoever gives to the poor will ___ nothing.”

- A) Gain
- B) Lose
- C) Lack
- D) Owe

ANSWER: C - Proverbs 28:27

2) **Who shared their small lunch that Jesus used to feed thousands?**

- A) A young boy
- B) The disciple named Luke
- C) A local fisherman
- D) Mary Magdalene

ANSWER: A - It was a young boy with five loaves and two fish.

3) **According to the Bible, what matters more to God:**

- A) Not swearing
- B) Praying
- C) Loving actions
- D) Eating our daily bread

ANSWER: C - Loving actions (James 2:14-17)

4) **In the Lord's Prayer, what does Jesus teach us to pray for?**

- A) To go to heaven when we die.
- B) Our daily bread
- C) To ask him to be with us all for ever and ever – Amen
- D) Power and Glory by donating to the foodbank.

ANSWER: B - Our daily bread.

5) **When Jesus talks about loving our neighbour, who does he mean?**

- A) The person who lives next door to us?
- B) The person who sits next to us at School, College or work?
- C) All the people who live in the street near us.
- D) Everyone- especially those in need.

ANSWER: D - It's in the story of the good Samaritan.

6) **At the last supper, what did Jesus and his disciples eat?**

- A) Cheese and wine
- B) BBQ type food
- C) Unleavened bread and lamb
- D) Olives, figs and mustard seeds

ANSWER: C - It was a Passover meal. Although the Bible doesn't give a complete menu, historians believe the last supper would have included lamb and bread.

Closing Bible Verse to read and for everyone to reflect upon.

"If you help the poor, you are lending to the LORD - and he will repay you" (Proverbs 19:17).

Closing Prayer:

Loving God,

Thank you for bringing us together, for the laughter, learning, and the chance to make a difference.

We pray for all those who are struggling with hunger or hardship. Please provide for their needs, bring them hope, and surround them with care and kindness.

Help us to follow Jesus' example to act justly, love mercy, and walk humbly with you. Give us generous hearts, and compassion for those around us.

Bless the work of the foodbank, its volunteers, and everyone who gives and supports.

May we go from here inspired to love and serve others.

Amen.