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FOOD BANKS AND FOOD POVERTY IN THE UK





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Summary Report

Indigenous
want

Without
Plenty



be safe be healthy be well



UK food poverty

- One in five families live below the poverty line putting them at risk of food poverty; 14 million individuals and within this over 4 million children are at risk and 4 million suffer from serious nutrient related health problems.
- Food benefits ***free school meals*** and ***Healthy Start*** + free fruit and veg. Extension of free school meals to reception and the first two years of primary school.
- People go hungry and are overweight- *the same groups.*
- The link is greatest between poverty and outcomes such as obesity



SPECIAL OFFERS

7 VEGGIE BURGER
VEGGIE BURGER
REG. FRIES



2.00

8 FISH BURGER
FISH BURGER
REG. FRIES



2.50

9 MINI RIB COMBO
1 PC CHICKEN
1 BBQ RIB
REG. FRIES



2.50

10 BBQ RIBS COMBO
1 PC CHICKEN
2 BBQ RIBS
REG. FRIES



3.30

11 BBQ RIBS SPECIAL
3 BBQ RIBS
REG. FRIES



2.80

12 STUDENT SPECIAL
1 PC CHICKEN
REG. FRIES
CAN DRINK



2.00

WE HAVE A 5 ★ HYGIENE RATING



3 Spicy Wings
Fries with Reg.



£1.00



4 Spicy Wings
with Reg. Fries & Drink



£2.25

4 Chicken Nuggets
with Reg. Fries & Drink



£2.00

1 Pcs. Chicken & 3 Nuggets
with Reg. Fries & Drink



£2.50

The offer is from 10 a.m. on till 18



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Food prices and changes

- Between 2007 and 2011 food prices rose 20%. NO downward trend.... Some stabilisation of prices this year in some commodities.
- Between 1998 and 2009 household income for low income households rose 22% to £208/week before housing costs but food prices rose by 33%.
- We estimated that a low income family would be disproportionately effected by a 5% increase by about 40%



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LONDON ASSEMBLY

Health and Environment Committee

A Zero Hunger City
Tackling food poverty in London
March 2013



UNDER EMBARGO UNTIL 16 OCTOBER

ANGLICARE
in every Community AUSTRALIA

WHEN THERE'S NOT ENOUGH TO EAT

A national study of food insecurity among
Emergency Relief clients

State of the Family report **Volume 1**



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Food prices based on a presentation and submission to the London Mayor and the London Food Board

- The share of spend on food by all households rose more gradually from 10.5% in 2007 to 11.2% in 2010,
- Processed foods have risen the most since June 2007, with a 15% rise in the year to June 2012, exacerbated by global climate and national (UK) climate issues, we went from having the driest Spring on record to one of the wettest Summers.



For low income households

- Households saved an average of 4% between 2007 and 2010 by trading **down to cheaper products and different supermarkets**.
- While trading down to cheaper products has helped many people offset some of the food price rises, low income households have not managed to trade down, possibly as they were already buying cheaper products. The lowest income decile (bottom 10%) on average bought **less food** rather than trading down. Energy content of their household food fell 8.7% between 2007 and 2010, as they cut back on bread, cereals, biscuits, cake, beef, fruit and vegetables.
- Falling income (after housing costs) and rising food prices produced a double effect, **reducing food affordability by over 20% for lowest income decile households**.
- Low-income households bought **more** alcoholic drinks despite food price rises, possibly because prices for alcoholic drinks rose less than prices of food.



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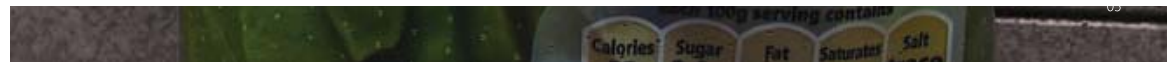
Continued

- Between 2007 and 2010 low-income households bought:
 - 26% less carcass meat,
 - 25% less fruit and
 - 15% less vegetables.
- Low-income households are spending the bulk of their income on meat, fish eggs etc
- They also spend 16% or £2.57 per person/week on fruit and veg and this to meet healthy eating guidelines should be 33%.



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y for business
sessions



“Mum, Dad, have we reached the bottom yet?”

EU definition

- unable to afford a meal with meat, chicken or fish (or vegetarian equivalent) every second day
- Culturally relevant/appropriate
- Normally expect -eg kids going on a school trip

American Dietetic Association, 2010

“the ability acquire acceptable foods in socially acceptable ways”, and “ a sustainable food system that maximizes self-reliance and social justice without resorting to emergency food sources”



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So

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Findings'from'the'Can\$Cook!(CiC),!Teaching) 'Families(to(Cook'!programme!

Martin Caraher
Susan Lloyd

The Centre for Food Policy
City University London

2013

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This report should not to be reproduced without communicating with the authors or the Can Cook programme.
Contact either Lucy Parkes at Can Cook - lucy@cancook.co.uk or Martin Caraher at - m.caraher@city.ac.uk.

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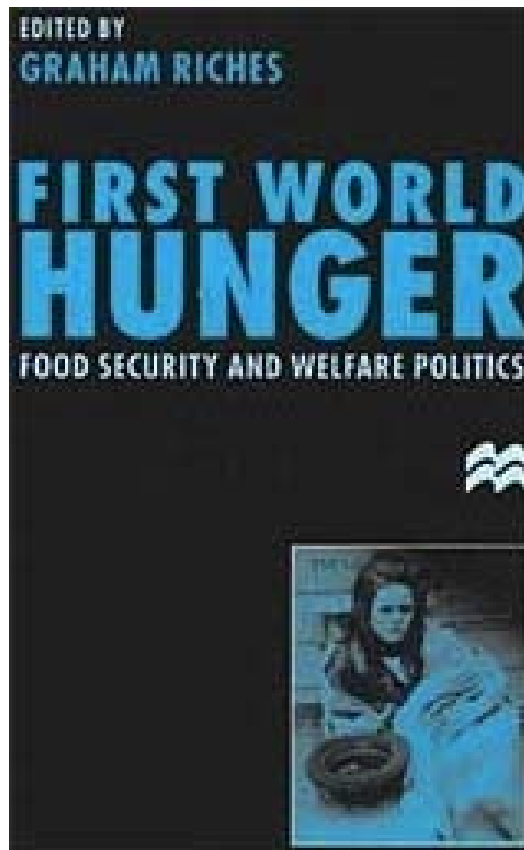




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Policy cycles



- Policy repeats
- Dowler, Riches and Poppendieck raise issues which are remerging or have no gone away



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Food banks Data UK

- Rise of charity based sector
- Displacing the state welfare sector
- Referrals from the state



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Food banks report main reasons for increase in use

- Delays in welfare payments
- Those with specific problems such as marriage breakdown, diverse, mental health problems etc
- The working poor- low income families who are having to balance food spending with other spending such as heat, rent, travel etc



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Numbers of people fed by foodbanks nationwide between April 2005 - April 2013



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The last word

Mark Winne (2009) Closing the Food Gap: resetting the Table in the land Of Plenty Beacon Press, Boston

- P 186 school food is a measure of how we value our kids
- P 184 *In the same vein we must seriously examine the role of food banking, which requires that we no longer praise its growth as a sign of our generosity and charity, but instead recognize it as a symbol of our society's failure to hold government accountable for hunger, food insecurity and poverty.*



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- **26,000 trolley loads of food donated at Tesco!**
- We were blown away by the generosity of the general public who helped donate an amazing 3.5 million meals at our recent national Tesco collection on the 5th and 6th of July. This total, which includes Tesco's 30% top up, is equivalent to an incredible 26,000 trolleys worth of food! Donations will be split between Trussell Trust foodbanks and food redistribution charity Fareshare.
- Chris Mould, Chairman of the Trussell Trust said: *"In the last three months alone Trussell Trust foodbanks have given three days' emergency food to over 150,000 people in crisis and we know that the summer holidays can tip many low-income families over the edge. The extraordinary generosity of tens of thousands of members of the public across the UK at Tesco last weekend will help foodbanks to stop thousands of families from facing hunger this summer. We're immensely grateful to Tesco for their invaluable support, the 30 per cent top up is a wonderful gift to our foodbanks which will make the public's donations go much further."*



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Conclusions

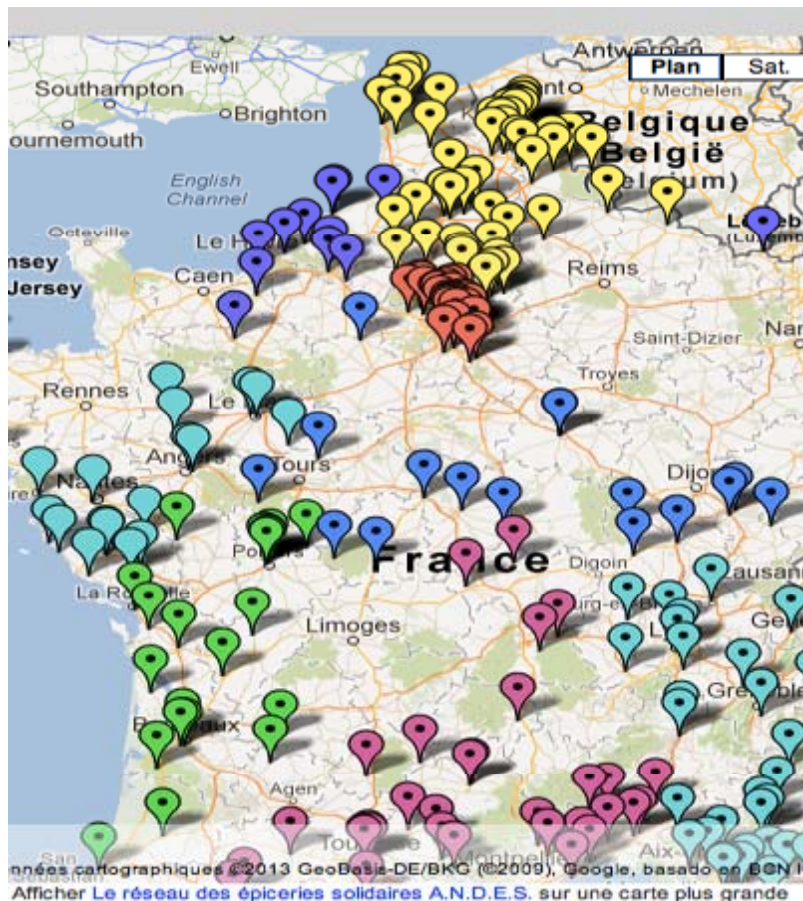
- Emergency food aid not long term help or aid, not a substitute for state welfare
- The issue for the UK is growing rates of **poverty and inequality**
- Food banks can only partially address the issue, they can be ameliorative but not address the root causes
- They can provide aid and act as advocates for addressing food poverty.
- The type of food project/NGO does matter eg Community/faith based food bank or social 'solidaires' stores (see pictures on next page and report on page after)
- Locate the debate in a citizenship and equity model not just a consumer one. Food poverty/insecurity is a citizen issue/right not a consumer one
- Welfare systems need to have a minimum income allocation for food and this should include cultural and normative elements



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ANDES stores in France/Belgium and Greek food bank struggles to meet demand BUT fundamentally different responses





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Responses cont'd

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- Challenge and make people aware of the limits of current welfare payments for food and nutrition.
- Seriously examine and challenge the impact of existing welfare changes on health and food choice.
- Protect existing food welfare systems and extend them.
- Focus on food choice not nutrition, people do not eat nutrition.
- Food strategies -Oz & others- export strategies, need to address domestic issues.