

IMMEDIATE RELEASE Monday 18th March 2013

UK foodbanks launch £1M emergency appeal ahead of welfare reforms

- Proposed welfare reforms will send more people to foodbanks warns Trussell Trust
- 3 new Trussell Trust foodbanks launching every week to meet demand, including in some of UK's wealthiest towns
- Numbers given emergency food by Trussell Trust foodbanks expected to hit 300,000 this FY, double numbers helped in 2011-12

Squeezed incomes and rising cost of living are already causing more people across the UK to turn to foodbanks for help. UK foodbank charity The Trussell Trust is concerned that April's proposed welfare reforms will see numbers needing emergency food increase further and has launched an urgent 'Help Crack UK Hunger' Easter Appeal to help meet the anticipated demand.

Speaking ahead of the Budget, Trussell Trust Executive Chairman Chris Mould says:

'We're already seeing families whose incomes are stretched to breaking point turn to foodbanks because they cannot afford food. Almost 5 million people are in food poverty in the UK and any further rises in prices or reductions in incomes will hit people in poverty hard. Numbers helped by Trussell Trust foodbanks are expected to top 300,000 this financial year and April's proposed welfare reforms will squeeze finances even further, making it easier for people to hit a crisis that forces them to go hungry.'

Last weekend Archbishop of Canterbury Justin Welby voiced fears that proposed welfare reforms could plunge another 200,000 youngsters into poverty. Over 100,000 children have been given emergency food by Trussell Trust foodbanks in the last 11 months and The Trussell Trust is concerned that more people could go hungry, including children, once April's reforms begin to bite.

Chris Mould says 'More communities and churches are noticing the need in their local area and are asking us to help them start foodbanks, including in some of Britain's wealthiest places. There is a Trussell Trust foodbank a stone's throw from Buckingham Palace and another in the seeming rural idyll of Chipping Camden. Hunger is everywhere, but it's often hidden. There's a misconception that UK hunger is about homelessness but the reality is that 1 in 5 UK mums regularly skip meals to feed their children and less than 5%

of foodbank clients are homeless. Foodbanks are seeing working people come in on their lunchbreaks. If incomes are reduced further food poverty will get worse.'

[Recent research](#) by the Centre for Economic and Business Research commissioned by Kellogg's shows that UK's poorest are spending nearly 25% of their income on food and that people are spending 20% more on food than five years ago but eating seven per cent less. Many of the poorest have cut back on fruit (20%) and vegetables (12%) to make ends meet. Food prices are predicted to rise by £357 per year by 2017.

He continues: 'We cannot ignore UK food poverty. The Trussell Trust's 'Help Crack UK Hunger' appeal is dual purpose: to raise funds to help communities start new foodbanks and to raise the profile of UK hunger, especially amongst policy makers, so that the potential impact of proposed welfare reforms on people in poverty are understood.'

The Trussell Trust is a Christian charity that runs a network of over 300 UK foodbanks in partnership with local communities which provide three days emergency food to people in crisis. The charity's Help Crack UK Hunger Appeal aims to raise £1 million to help existing foodbanks cope with increasing demand and to help communities where there are no foodbanks to start a project to stop people going hungry. To donate visit

www.trusselltrust.org/appeals.

Ends

Notes to the Editor:

- [Help Crack UK Hunger](#) encourages people across the UK to donate the cost of an Easter egg to help foodbanks stop UK hunger.
- The Trussell Trust's foodbank network partners with churches and communities nationwide to launch foodbanks that provide a minimum of three days emergency food to people in crisis. Over 90% of food given out by foodbanks is donated by the public and foodbank recipients are referred by a frontline care professional such as a doctor, social worker, CAB, Jobcentre Plus or schools liaison officer.
- 13 million people live below the poverty line in the UK, 1 in every 5 people.
- Research by online parenting site Netmums in 2012 showed that 1 in 5 mums regularly skip meals to feed their children.
- [Kellogg's research](#) with Centre for Economic and Business Research shows that at least 4.7 million people live in food poverty in the UK.

- Less than 5% of foodbank clients are homeless, many are working families struggling to make ends meet.
- The two main reasons that people were referred to foodbanks in 2011-12 were benefit delay and low income. Other reasons for referrals include delayed wages, domestic violence, sickness, unemployment, debt, benefit changes, refused crisis loans, homelessness and absence of free school meals during school holidays.
- The Trussell Trust runs the biggest network of foodbanks in the UK. There are currently over 325 Trussell Trust foodbanks launched across the UK.
- In 2008-09 Trussell Trust foodbanks fed 26,000 nationwide; in 2009-10: 41,000 were fed; in 2010-11: 61,468; in 2011-12: 128,697. In 2012-13 this number has already risen to 290,000.
- Foodboxes contain three days of non-perishable foods such as tinned fruit, vegetables, meat and fish as well as pasta, cereal, UHT milk, sauces, tea, long-life juice. The Trussell Trust works with dieticians to ensure that foodboxes are nutritionally balanced.
- Foodbank clients can receive a maximum of three foodbank vouchers in a row (each voucher can be redeemed for at least three days food), although longer term support is available at the discretion of the foodbank manager.
- Foodbanks signpost clients to other agencies able to help resolve the underlying cause of the crisis.
- The Trussell Trust receives no government funding and relies entirely on the generosity of the public, businesses and charitable trusts. The Trussell Trust is entirely a-political.
- The Trussell Trust's vision is that every town should have a foodbank, creating a nation where no-one needs to go hungry.
- For more on foodbanks visit: www.trusselltrust.org/foodbank-projects
- The Trussell Trust is a Christian charity that partners with local communities to provide practical, non-judgemental help to people in crisis in the UK and Bulgaria: www.trusselltrust.org

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