

Emergency food parcel distribution in Scotland: April – September 2022

Background

This factsheet reports on the number of emergency food parcels distributed by food banks in the Trussell Trust network during the period 1 April 2022 to 30 September 2022 inclusive. During this period food banks in the Trussell Trust network distributed parcels from 121 locations across Scotland.

Seven key facts from the April-September 2022 statistics

1. Food banks in the Trussell Trust network in Scotland experienced their busiest ever April – September

Food banks in the Trussell Trust network in Scotland distributed 116,000 emergency food parcels between 1 April to 30 September 2022, including 40,000 parcels for children. This represents a 34% increase in the total number of parcels distributed compared to the same period in 2021/22, and a 65% increase since the same period five years ago 2017/18. These reflect recent Scottish Government figures that show applications for Crisis Grants delivered through the Scottish Welfare Fund have increased 31% from September 2021 to September 2022¹.

The level of need seen in Scotland in the first half of this year is slightly higher than the level of need seen in the first 6 months of the COVID-19 pandemic in 2020/21 (3%), making this our busiest six months on record for this time of year.

Food banks in Scotland distributed almost 40,000 parcels for children between April and September 2022 – a 29% increase on the previous year. This represents the most parcels ever distributed for children in Scotland by food banks in the Trussell Trust network over these months, and this came during a period when every child under six years old who was living in a household with a low income was entitled to an additional £20 a week from the Scottish Child Payment.

These increases are important to note in the context of successive years where the level of parcels distributed by food banks in the Trussell Trust network in Scotland have either fallen or not risen in line with the UK average. We know that much of the need in Scotland in recent years has been met by the significant growth in alternative food aid available to people and not down to an overall decrease in need in Scotland.

The recent increases in need seen by food banks in Scotland reflects the clear impact that the rising cost of living is having on the people of Scotland – with many reporting going hungry or cold even before we enter the winter months.²³

With this context it is important to recognise that data from food banks in the Trussell Trust network is just one part of the picture of need in Scotland. There is a wide range of alternative emergency

¹ Scottish Welfare Fund, Self-Isolation Support Grant and Discretionary Housing Payment: monthly data (2022), *Scottish Government*, <https://www.gov.scot/publications/swf-monthly-management-information/>

² Poverty in Scotland (2022), *Joseph Rowntree Foundation*, <https://www.jrf.org.uk/report/poverty-scotland-2022>

³ Living without a lifeline (2022), *One Parent Families Scotland*, opfs.org.uk

food provision that will be supporting people that is not captured in our parcel data. There are also many people who are severely food insecure who do not receive support from food banks.⁴

2. Over these six months, food banks have had to spend almost twice as much on food as they did last year

So far this year food banks in the Trussell Trust network across the UK have had to spend on average £1,400 per month on food in order to meet the need they are seeing amongst people facing financial hardship in their local areas. This is almost double the average amount food banks spent on food per month in 2021/22 (£770).⁵

As food banks enter this winter, our data shows that they have substantially lower levels of supplies to support people with than in the same period last year. In September 2021 there were 1,200 tonnes of food stored across the network; this now stands at around half that amount, with 580 tonnes of food recorded in September 2022. To keep up with rising need, food banks will be forced to purchase more food at a time of rising food prices, with inflation continuing to reach record levels.⁶

In 2022/23 food banks across Scotland have had to purchase almost four times as much food (a 278% increase) as they did in the equivalent period last year. Purchased food now makes up 12% of all food coming into Scottish food banks in 2022/23 compared to 4% last year.

Every day we hear food banks telling us that this is not sustainable: escalating need together with rising costs is likely to lead to the network's most challenging winter yet.

3. The UK government's Cost of Living Payment⁷ had some positive impact on need for emergency food parcels across Scotland, with July seeing a dip in levels of need from previous months

In July 2022, households received the UK government's first Cost of Living payment. This correlated with a dip in need seen at food banks. In this month, food banks across Scotland distributed 15,100 parcels to people facing financial hardship – significantly lower than any other month this year (although still 7% higher than the same month in 2021). Table 1 highlights that Scottish food banks distributed on average 20,200 parcels in the other five months of this year.

This reduction gives some indication that, through increasing the income of people in receipt of working age benefits, the level of need for emergency food parcels was slightly reduced, with the payment providing temporary respite for some households in the face of increasing costs and inadequate benefit levels.

4. The Cost of Living payment was spent quickly, and, following this, record levels of food parcels were distributed in August and September 2022

⁴ In 2018, around one in ten (10%) households in the UK experienced food insecurity and one in 25 (4%) were severely food insecure. In contrast, an estimated 700,000 (2.5%) households used a food bank in 2019-20. This suggests that there is a large number of people who are severely food insecure but who do not receive support from food banks.

State of Hunger (2021), *The Trussell Trust*, <https://www.trusselltrust.org/wpcontent/uploads/sites/2/2021/05/State-of-Hunger-2021-Report-Final.pdf>

⁵ The research is based on an online survey by the Trussell Trust of 171 Trussell Trust food banks based across the UK. Fieldwork was undertaken from the 8th September – 14th October 2022 and the survey was distributed through multiple methods across the Trussell Trust food bank network.

⁶ Consumer price inflation, UK: September 2022, (2022), *ONS*, <https://www.ons.gov.uk/economy/inflationandpriceindices/bulletins/consumerpriceinflation/september2022>

⁷ In July this year, the UK Government provided the first Cost of Living Payment of £326 to people in receipt of means tested benefits owing to low income. A second payment of £324 will follow in November 2022.

Following the dip in need seen in July 2022, food banks in the Trussell Trust network in Scotland recorded their busiest ever August and September months. The number of parcels distributed across Scotland in August 2022 was 50% higher than the same month in 2021/22, and 57% higher than the same month in 2020/21 during the COVID-19 pandemic. September 2022 saw similar increases across Scotland, with the number of parcels distributed in this month being 41% higher than last year and 55% higher than the same month in 2020/21.

This suggests that while the payment provided some crucial respite for families struggling to afford the essentials, it was not enough to help them manage the cost of living crisis for an extended period of time. Our recent survey of people in receipt of Universal Credit across the UK revealed that most (70%) people who had received their first Cost of Living Payment had already spent all of it when surveyed in August, less than a month after receiving it. Almost two in three (64%) people who said they had spent some of the payment had used it to buy food.

Overall, the network in Scotland is going into the autumn and winter period with the highest levels of need that we have ever seen. As we approach the winter months, where food banks usually face their busiest periods, food banks in our network are braced for further significant increases in need as families manage the increasing costs that winter brings amid a cost of living crisis.

Table 1: Monthly analysis of the number of emergency food parcels distributed across Scotland in the first half of 2022/23 by food banks in the Trussell Trust network and comparison to previous years

Scotland	Number of parcels per month this year 2022/23	2019/20		2020/21		2021/22	
		No. of parcels	% change to this year	No. of parcels	% change to this year	No. of parcels	% change to this year
April	19,969	20,126	-1%	28,830	-31%	14,801	35%
May	20,445	20,225	1%	24,099	-15%	14,019	46%
June	18,810	17,113	10%	17,994	5%	14,842	27%
July	15,098	17,619	-14%	15,129	0%	14,144	7%
August	20,917	19,881	5%	13,334	57%	13,945	50%
September	21,134	17,304	22%	13,654	55%	14,941	41%
Total	116,373	112,268	4%	113,040	3%	86,692	34%

5. 27,000 people used a food bank in the Trussell Trust network in Scotland for the first time in the last 6 months

Over the last six months 13,000 families have been forced to turn to food banks in the Trussell Trust network for the first time.⁸ This represents a 36% increase in the number of families using food banks in the network for the first time compared to the same period in 2021. These families include close to 27,000 people.

This is representative of increasing numbers of people experiencing hunger as a result of the cost of living crisis. A recent survey (August 2022) conducted on our behalf by YouGov found that that 40% of people receiving Universal Credit in Scotland had skipped meals across the previous three months because they couldn't afford to eat and to keep up with other essential costs. Further, one in seven (15%) people were unable to cook hot food this summer as they couldn't afford to use the cooker,

⁸ At the Trussell Trust we define any household as a family. This means that when we talk about households here they could be individuals living alone, single parents, or multi-generational households.

while over a fifth (22%) were unable to travel to work or essential appointments because they couldn't afford the cost of public transport or fuel.⁹

6. The increase in need for emergency food parcels over this period has been seen right across the UK

Looking across England, Northern Ireland, Scotland, and Wales, all areas of the UK experienced an increase in the distribution of emergency food parcels during the mid-year period of 2022/23 in comparison to the same period last year (2021/22). Wales experienced the largest percentage increase (38%), followed by Scotland and England (34% and 33%) and Northern Ireland (25%). Looking back to the pre-pandemic period, Northern Ireland has experienced the largest percentage increase in the distribution of emergency food parcels since the same period in 2019/20 (76%).

Table 2: Number of emergency food parcels distributed by nation and region 1 April – 30 September with percentage change 2019-2022

	Number of parcels per month this year 2022/23	2019/20		2020/21		2021/22	
		No. of parcels	% change to this year	No. of parcels	% change to this year	No. of parcels	% change to this year
England	1,056,400	655,297	61%	1,053,861	0%	797,005	33%
Northern Ireland	31,687	17,981	76%	32,560	-3%	25,328	25%
Scotland	116,373	112,268	4%	113,040	3%	86,962	34%
Wales	76,688	58,464	31%	71,403	7%	55,507	38%
UK Total	1,281,148	844,010	52%	1,270,864	1%	964,532	33%

7. Food banks are reporting more working people needing to turn to food banks for support

Food banks across the UK network have reported changing opening hours to ensure people who are working can access support outside of working hours. Our own data shows that one in five (20%) people referred to food banks across the Trussell Trust's UK network in mid-2022 were in working households.¹⁰ These figures from our ongoing research project 'Hunger in the UK', conducted by Ipsos, highlight that work does not always protect people from having to use food banks. We know as well that many people who are in receipt of social security will also be working or will have recently been in work.

"We've had to come up with different delivery strategies to take into account people who are out at work when our volunteers would normally deliver our food parcels and therefore wouldn't be home. We're seeing more and more people who are working needing our support as the soaring cost of living means they cannot afford the basic essentials we all need to survive." Lucy Daniels, East Lothian Foodbank

⁹ All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 1,846 adults claiming Universal Credit. Fieldwork was undertaken between 10th - 31st August 2022. 174 people claiming UC in Scotland took part. The survey was carried out online. The figures have been weighted and are representative of all UK adults claiming UC (aged 16+).

¹⁰ Ipsos surveyed 2,364 UK adults aged 18+ who had been referred to food banks within the Trussell Trust network between 01 April and 15 July 2022. Food banks were sampled across the UK, with questionnaires randomly distributed within food parcels. In total, 99 food banks participated in the study. Data are weighted to match the profile of UK adults referred to Trussell Trust food banks.

A working household is defined if the survey respondent describe state any of the following: that their main activity as being in work; they say they have any paid work; they say someone in their household is working.

We know what is driving increased need – and what needs to be done to right this wrong

Our communities face a growing crisis of destitution, caused by a failing social security system

Food bank use is driven by acute poverty, known as destitution. Independent research for the Trussell Trust found 95% of people referred to food banks in our network in early 2020 were destitute, meaning they could not afford the essentials needed to stay warm, dry, and to feed themselves.¹¹

Destitution is a symptom of inadequate income, primarily due to failings in the social security system which should provide a strong lifeline whenever any of us needs support. Below-inflation increases in benefit payments have led to a large reduction in the purchasing power of benefits relative to the rising cost of living. In 2022, we have seen the greatest fall in the value of the basic rate of unemployment benefits since the start of annual uprating fifty years ago.¹² Benefits have been further eroded by UK Government policies including benefit deductions, the two-child limit and the benefit cap.¹³

Need for emergency food has been steadily rising over the years as food banks and other frontline organisations plug the gaps in a social security system that is unable to protect people from the most severe forms of hardship. As our statistics for Scotland show, the level of need for emergency food parcels seen in the mid-year period 2022/23 is a 34% increase on the mid-year period in 2021/2 and a 65% increase over the last five years.

This is being exacerbated by the cost of living emergency

The COVID-19 pandemic and the cost of living crisis have eroded households' financial resilience even further and have exposed the costs of a weakened social security system. The increase in need for emergency food that we have seen across the Trussell Trust network in the last six months, demonstrates how the cost of living crisis is forcing more people to the doors of food banks, because they simply do not have enough money to afford the essentials.

This isn't going to get any better: while inflation remains high and food becomes less and less affordable, energy prices are expected to be over £4,000 for an average household from April 2023, treble what they were in March this year. Everyone is feeling the impact of this, but those on the lowest incomes are worst affected, as pressures from all sides make their income worth less.

Food banks are not the answer: only a strong social security system can protect people from going without the essentials

Food banks are neither the right nor sustainable response to people going without the essentials due to extremely low incomes. We welcome the Scottish Government's commitment to developing a national plan to end the need for food banks. However, with need for food banks rising by 34% in the last six months, there is a pressing need to publish the plan without any further delay - and for the UK Government to follow suit and develop its own plan to end the need for food banks across the UK. We also need to see a more concerted focus from the Scottish Government to make work pay and accessible to all; with one in five people needing to use a food bank in work, action to

¹¹ State of Hunger (2021), *The Trussell Trust*, <https://www.trusselltrust.org/wp-content/uploads/sites/2/2021/05/State-of-Hunger-2021-Report-Final.pdf>

¹² Fifty years of benefit uprating (2022), *Joseph Rowntree Foundation*, <https://www.jrf.org.uk/report/fifty-years-benefit-uprating>

¹³ Benefit cap: cost of living in a crisis (2022), *Child Poverty Action Group*, https://cpag.org.uk/sites/default/files/files/post/Benefit_Cap_Inflation_Briefing_Sep22_0.pdf

encourage better pay, terms and conditions in the workplace, improve job security and quality for low paid workers and flexibility for parents and carers, will help reduce the need for food banks.

Our social security system should protect people from harm, and support people through a range of scenarios: if they lose their job; if their income is too low or insecure to make ends meet; if they are sick or their family circumstances change; or, if they are unable to work due to caring responsibilities, ill-health or disability.

We know that putting more money in people's pockets reduces the need for food banks. The implementation of the temporary £20 uplift to Universal Credit in response to the COVID-19 pandemic provided a lifeline to families, with evidence showing this reduced food insecurity¹⁴ and child poverty levels.¹⁵ The detrimental impact of the removal of the £20 uplift in October 2021 was clearly seen within our own statistics; from November 2021 we saw persistently high rates of increase in the need for emergency food parcels compared with the same months in 2019-20, well beyond the usual busy Christmas period.¹⁶ In this year's statistics we see how July's Cost of Living payment reduced, if only for a very short period, the need that we were seeing at food banks.

The UK government can right this wrong

We need action now to protect people through the immediate crisis, and beyond so that the system is strong enough to support any of us in our hour of need

To deal with the immediate emergency, the UK government must realise their commitment to protect the most at risk of financial hardship with a broad package of support. As well as **ensuring benefits rise with inflation** as soon as possible, this must go further to **close the gap between price rises and incomes over the winter**. We stand with over 100 other organisations in calling on the UK government to confirm its commitment to uprating benefits without delay.¹⁷

This action will provide some respite for families over the impossible winter ahead, but it will not get them on a permanent sustainable footing. That is why serious, long-term reform is required.

Limiting the impact of deductions on benefits would be a low-cost, high-impact intervention. Almost half (47%) of people referred to our food banks are in debt to the Department of Work and Pensions (DWP), and research has demonstrated the severe impact this can have.^{18,19} Straightforward service improvements could be made here to ensure debt repayment is done in a more affordable way that does not significantly reduce what is already an inadequate level of income.

Making a long-term commitment to the Household Support Fund would ensure local authorities across the UK have the certainty and secure funding needed to provide crisis support, such as through the Scottish Welfare Fund, to intervene quickly when the unexpected (such as job-loss,

¹⁴ Hunger and the welfare state: Food insecurity among benefit claimants in the UK (2021), *Welfare at a Social Distance*, <https://62608d89-fc73-4896-861c>

¹⁵ Local indicators of child poverty after housing costs, 2020/21 (2022), *Centre for Research in Social Policy, Loughborough University*, <https://endchildpoverty.org.uk/child-poverty/>

¹⁶ Trussell Trust data briefing on end-of-year statistics relating to use of food banks: April 2021 – March 2022 (2022), *The Trussell Trust*, <https://www.trusselltrust.org/news-and-blog/latest-stats/end-year-stats/>

¹⁷ JRF and over 100 organisations call on Rishi Sunak to honour his commitment to go ahead with the normal uprating of benefits by inflation (2022), *Joseph Rowntree Foundation*, <https://www.jrf.org.uk/press/jrf-and-over-100-organisations-call-rishi-sunak-honour-his-commitment-go-ahead-normal-uprating>

¹⁸ State of Hunger (2021), *The Trussell Trust*, <https://www.trusselltrust.org/wp-content/uploads/sites/2/2021/05/State-of-Hunger-2021-Report-Final.pdf>

¹⁹ Debt to Government, Deductions and Destitution (2022), *The Trussell Trust*, <https://www.trusselltrust.org/wp-content/uploads/sites/2/2022/02/Debt-to-government-deductions-and-destitution-qualitative-research-report.pdf>

bereavement, or even a broken boiler) happens. This would prevent families falling behind and finding themselves destitute.

Beyond this, the UK Government must ensure that benefits levels next year reflect the significant increases in prices expected. Short-term responses are neither sustainable for government, nor dignified for people who are struggling. That is why we need **a permanent commitment that benefit rates will always be enough to afford the essentials.**

The Scottish Government can do more

The Scottish Government must also use all its powers and resources to address financial hardship and the cost of living crisis. Building on its track record of increasing the Scottish Child Payment from £10 a week to £25, and the extension to all children under 16 from November 14th, we urge the Scottish Government to take further action to deliver immediate and direct cash support to households:

1. Fulfil its commitment to develop a national plan to end the need for food banks by autumn 2022.
2. Uprate all social security benefits delivered by the Social Security Scotland in line with inflation.
3. Make a further one-off payment to all recipients of the Scottish Child Payment of £260 in early 2023 – this would benefit around 300,000 children.
4. Double Child Winter Heating Assistance to £418.20. This would support 20,000 disabled children and young people at a cost of £4.2 million.
5. Boost the value and administrative responsiveness of the Scottish Welfare Fund, increasing its value by 50% or £17.75 million.
6. Increase the level of the Scottish Child Payment from £25 to £40 a week, as recommended in our Tackling Child Poverty & Destitution research.²⁰

²⁰ Tackling Child Poverty and Destitution (2022), IPPR, Save the Children and The Trussell Trust, https://www.savethechildren.org.uk/content/dam/gb/reports/scotland-tackling-child-poverty-and-destitution_003.pdf