

# OUR VISION

A UK WITHOUT THE NEED FOR FOOD BANKS

where levels of destitution are so low, and ongoing financial and relational support is readily available, that large-scale emergency food distribution is no longer needed.

75% of food banks offered financial inclusion advice (up from 65% last year). Over 65,000 people were supported, with around £66.5 million of financial gains made, over £47.2 million of debt managed and £12.5 million of debt written off (a 183% increase on 2022/3).<sup>4</sup>

£22.7 million in grants was awarded to food banks (compared to £20 million in 2022/3).

43,627 people in England and Wales were given high quality advice via the Help through Hardship helpline (up 37% from 2021/2).

1,958 people received high quality helpline advice in Northern Ireland, with 1,800 people supported via Pathways to Advice and Cash Scotland (PACS).

A cross-party [Work and Pensions Committee report](#) called for a new approach to setting benefit levels based on people's real living costs, citing our Essentials Guarantee proposal throughout.

The All-Party Parliamentary Group (APPG) on Poverty also adopted our Essentials Guarantee as a key recommendation in [a report on their inquiry](#) into the (in)adequacy of social security. Its publication was reported in [The i](#) and in a [Comment Central](#) piece by the APPG co-chairs.

**Goal:** People seeking support from food banks are able to **readily access support to increase their incomes.**

**Goal:** People can access other services such as debt advice or mental health support, and relational support directly from **referral partners and other statutory agencies or civil society groups.**

We successfully implemented the new voucher code system, with 87% of our food bank vouchers issued electronically – a 5% increase on 2022/3 and a 9% increase on 2021/2.

132 organisations within the anti-poverty and wider charity sector publicly endorsed our call for UK social security to include an Essentials Guarantee.

13 Peers and 34 MPs from across the political spectrum supported the extension of the Household Support Fund (which was called for by the Trussell Trust and others).

## CHANGING COMMUNITIES

**Goal:** There is a strong evidence base across food banks that can underpin **effective anti-poverty recommendations.**

**Goal:** The benefits system provides **timely and sufficient financial support**, and is available to all households who need it.

**Goal:** There is **strong cross-party support** for social and economic policies that protect households from destitution.

40 people with lived experience are working closely with research teams to shape the scope and focus of our policy research project Cost of Destitution, exploring the impacts of 'deep poverty' at an individual, societal, and economic level.

## WHO WE ARE

1,699 food bank distribution centres, across 292 local authorities across the UK.

Around 36,000 volunteers giving their time and expertise.

## CHANGING POLICY

**Goal:** People with lived experience of poverty **play an ongoing part in informing national and local policies** to alleviate destitution.

79% of the UK public think food banks should not be needed in the UK (up slightly from 77% in 2022/3), while 78% of the public agree that hunger in the UK *can* be ended – up slightly from 76% in 2022/3.<sup>5</sup>

In 2023/4, we focused on quality and depth of media coverage rather than just our reach, leading to more articles including spokesperson quotes (14% vs. 12% in 2022/3), high impact mentions (3.9% vs. 3.3%) and key message mentions (7.2% vs. 3.3%).

## THE SITUATION

The need for food banks continues to grow, and the social security system remains inadequate for ensuring we can all afford the essentials.

428,916 people actively (financially) giving or supporting (non-financially) our work, with 160,376 actively campaigning.

50 corporate partners collaborating with us.

70 volunteer Church Ambassadors, partnering with thousands of faith groups across the UK to foster support for our vision.

## CHANGING MINDS

**Goal:** There is **increased awareness** of the problem of destitution and its structural causes amongst targeted groups within the UK population.

87% of the public support our call for an Essentials Guarantee, believing the benefits system should ensure that everyone in the UK can afford the essentials. This figure is consistent with 2022/3 (88%).<sup>6</sup>

99% of MPs across the House of Commons received at least one email about the Essentials Guarantee from our food banks and supporters. During 2023/24 we reached 644 out of 650 MPs.

Over 50 high-profile figures from sport, social media, TV, film and music have supported campaigns raising awareness and funds for people facing hardship.

**3.1 MILLION** emergency food parcels were distributed to people in crisis by food banks in the Trussell Trust network between 1 April 2023 and 31 March 2024, with 1.1 million parcels provided for children.

**4% INCREASE** in the number of emergency food parcels distributed by food banks in the Trussell Trust network during 2023/4, when compared to 2022/3.

**7.2 MILLION** low-income households are going without at least one of the essentials we all need to keep warm, fed and clothed.<sup>1</sup>

**11.3 MILLION** people were estimated to have experienced **food insecurity** in the 12 months prior to mid-2022.<sup>2</sup>

1,000 young people (aged from 11 to 17) who've shared their perceptions and experiences as part of our [Youth Perceptions of Poverty in the UK research](#).<sup>3</sup>

1 Joseph Rowntree Foundation, [UK Poverty 2023](#), 2023  
 2 The Trussell Trust, [Hunger in the UK](#), 2023  
 3 The Trussell Trust, [Youth Perceptions of Poverty in the UK](#), 2023  
 4 Financial gains are gains realised from maximising people's income through, for example, helping them access benefits to which they were entitled.  
 5 Social media impressions provide information about the number of people who see digital content.  
 6 YouGov Attitudinal Survey 2023, an online survey of people aged 16+ in Britain, weighted to be representative of the population.