



Food poverty

How your philanthropy
can make a difference

Serving Tyne & Wear and Northumberland
communityfoundation.org.uk

About this report

Our *Vital Signs* reports take the pulse of our region and set out how philanthropy can help to tackle important issues in our communities. In 2017 *Vital Signs* research identified poverty as a key priority within North East England.

In this, our first thematic *Vital Signs* report, we look in more depth at the most disturbing aspect of poverty in our region; the growing inability of many people to feed themselves and their children.

Food poverty is increasing as family incomes fall behind the rising cost of living. On a low income, the household food budget can be slashed by a day's lost work, late benefit payment or washing machine repair.

In the North East of England low wages, benefit dependency and high consumer debt are common, so we're particularly vulnerable. It's even hard to obtain cheap, nutritious food in many poor urban or isolated rural communities.

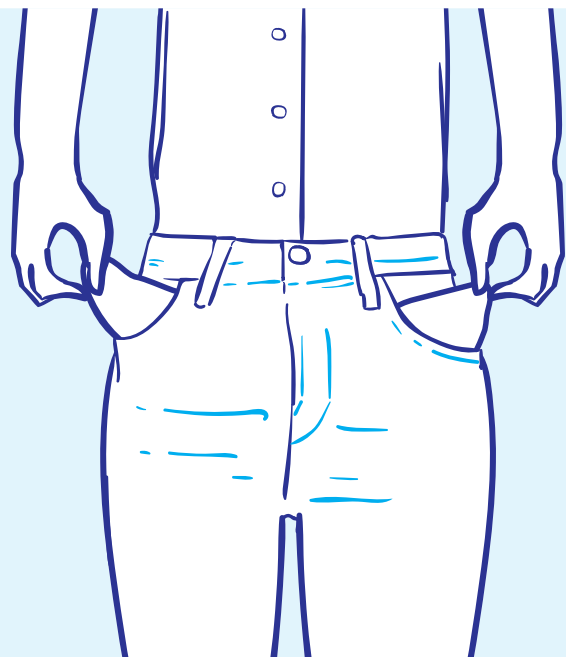
This report offers a broad summary of the causes of food poverty, and what is being done to combat it. Most importantly, it examines what your philanthropy and giving can do to help those in most need.

Want to know more?

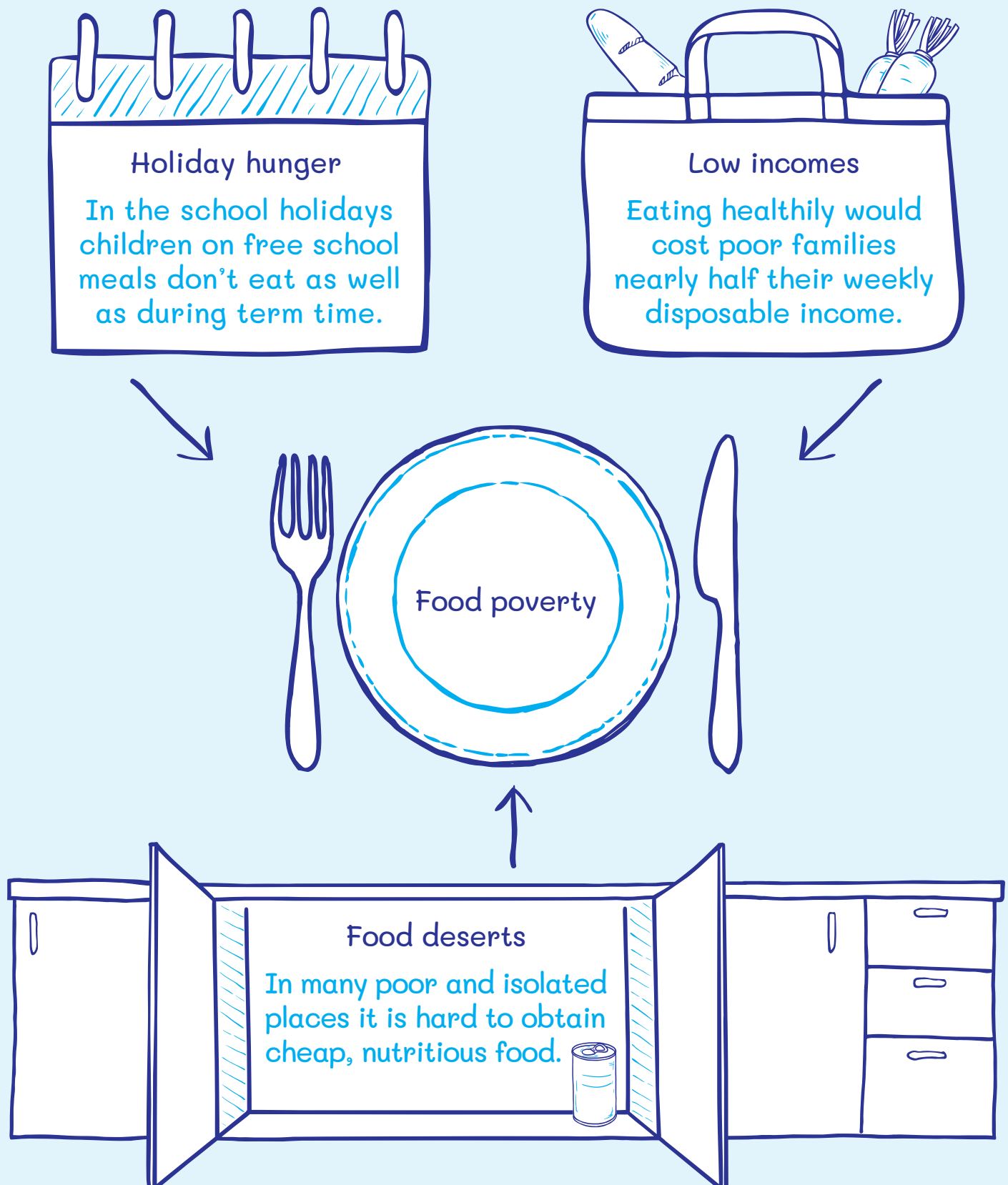
You can download our full report on food poverty in North East England via our website at www.communityfoundation.org.uk/vitalsigns

"When my mum's got the money then we can get snacks. It's 25 pence per item. We don't get snacks if it's a bad week. Sometimes we're hungry."

Young person interviewed by the Children's Commission on Poverty



Why are people going hungry in North East England?



What is being done about the problem and how can your philanthropy and giving make a difference?

A little philanthropic giving goes a long way. Here are some examples of support that would make a real difference to community groups helping people in food poverty.

Community groups are doing great work to help those in food poverty

Funding is needed for a wide range of projects including foodbanks, breakfast clubs and schemes that redistribute unsold food.

£5,000 pays for the lease of a van to support a foodbank's food distribution, home delivery and outreach services.

People are being prevented from going hungry

Financial support is needed for work on the causes of food poverty, as well as the best ways to tackle it. Groups also need support to better coordinate their work and to undertake preventative work with those at greatest risk.

£3,000 would provide specialist advice and representation to three families whose benefits have been stopped in error.

No child needs to go hungry in the school holidays

The school holidays are difficult for children on free school meals. Well-funded playschemes can ensure that they are fed at least once a day, whilst also providing enjoyable learning and physical activities.

£4,000 enables a dozen children on free school meals to attend a summer playscheme. The best are run "4x4x4": four hours a day, four days a week and four weeks per holiday.

An estimated 1 in 6 parents now skip meals to ensure their children are fed



“ In those months... it was just about surviving for the kids, making sure there was enough gas and electric for the girls. When they were not here, when they were with their dad, I was not bothering about me. I was cutting back on heating and food. There have been days when I have not eaten. It's been really hard.”

North East mother-of-two on losing her benefits, quoted by End Hunger UK

Let's talk

We hope that this report will encourage more people and organisations in North East England to give to causes that address the problem of food poverty.

If you would like to discuss this report and what you could do to help, please contact us.

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