

FAMILY FOOD

Working together to improve
access to food for families



Emergency food provision

Local Welfare Support Scheme

There is now additional food support available for families and individuals who are experiencing difficulties in accessing food due to financial difficulties or self-isolation. Personal circumstances will determine the type of help that can be received. Referrals can be made

through local key workers, council services or by calling

0113 376 0330, open Monday to Friday 9am to 5pm.

Food banks

If you are in need of emergency food, local food banks can offer support, providing you and your family with a minimum of 3 days supply of nutritionally balanced food.

You can find a list of foodbanks and other food providers on the Leeds Food Aid Network website news section here:

www.leedsfoodaidnetwork.co.uk/

category/news or request signposting/support through the contact form on the same page.

If you need a foodbank referral contact your support worker, if you have one, or phone the National Citizens Advice helpline free phone number

0808 208 2138 (Monday to Friday, 10am to 5pm) to speak to a citizens advice worker in confidence. They can issue you with a referral.





Healthy Holidays

A limited number of community groups, schools and community hubs are running free holiday schemes providing fun activities and meals this Christmas. Activities will depend on Covid restrictions. For more information on Healthy Holidays speak to your local school to find out what's happening in your area.



MIC
MONEY
INFORMATION
CENTRE

Leeds Money Information Centre (LeedsMIC)

The Leeds MIC website provides details and links to agencies nationally and in Leeds that offer free, independent, confidential help on where to access food support, advice on money, debt, budgeting, reducing bills and affordable loans. Help is available but the availability of some organisations in Leeds may be limited due to the impact of Covid-19.



www.leedsmic.org.uk



Community Hubs

Council Community Hubs are venues across Leeds that offer a mixture of library services, housing services, customer services, job searching and other help and advice. Some venues have been offering a limited service. For the latest information as more Council Community Hubs begin to re-open as lockdown eases and social distancing measures are in place. Please visit

<https://www.leeds.gov.uk/community-hubs>
for the latest information.



Healthy Start information



With Healthy Start, you get free vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, tinned fruit in its own juice or tinned vegetables in water, any kind of fresh, dried and tinned pulses, but not those to which fat, salt, sugar or flavouring have been added, and infant formula milk. You can also get free vitamins.

This can make a big difference to your family.



- Pregnant women get one Healthy Start voucher a week worth £3.10
- Babies under the age of one get two vouchers a week worth a total of £6.20
- Children aged over one and under four get one voucher a week worth £3.10

You qualify for Healthy Start if you're at least 10 weeks pregnant or have a child under four years old and you or your family get:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit with a family income of £16,190 or less per year
- State Pension Credit; or
- Universal Credit with no earned income or total earned income of £408 or less per month for the family. (To find this refer to your Universal Credit award notice in the section "your take home pay for this month".)

You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits.

Ask your midwife, health visitor or GP for the application form or go to

<https://www.healthystart.nhs.uk>



Did you know?

Tesco, Iceland & Co-op are providing an extra £1 towards purchasing food when exchanging Healthy Start vouchers in store.

Free school meals

You can claim for free school meals for any child who normally lives with you and who is classed as being under your parental care. To get free school meals you must receive one of the following benefits:

- Universal credit (and your net combined household income is less than £7,400 a year after tax)
- Income support, pension guarantee credit, income-based job seekers allowance
- Income-related employment support allowance
- Child tax credit only (with no working tax credit) and your annual taxable income does not exceed £16,190



Apply!

Temporary extension to free school meals for some families

Many families with no recourse to public funds (NRPF) have become temporarily eligible for free school meals support. To find out more or apply, please speak to your child's school.



To complete the form to claim for free school meals or to find out more information on the eligibility criteria, please visit: <https://www.leeds.gov.uk/schools-and-education/apply-for-free-school-meals>

If you would like some recipe inspiration – why not visit the Food Wise online recipe hub: www.foodwiseleeds.org

For more advice on Food Budgeting please visit: <https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less>

