

What does food poverty mean?

The Association of UK Dieticians can be summarised as the inability of individuals and households to obtain an adequate and nutritious diet in socially acceptable ways, or the uncertainty that they will be able to do so. The term “food insecurity” is sometimes used instead. The causes of food poverty or insecurity are complex. It can affect those living on low incomes, but also people with limited access to transport, poor housing or physical or mental ill health.

<https://www.bda.uk.com/news-campaigns/campaigns/food-poverty-and-insecurity.html>

What are some of the key causes and impacts of food poverty?

Key points from health and statutory professionals include:

- Food poverty is the consequence of financial difficulties people have.
- The inability to secure access to a healthy, nutritious diet is associated with a range of illnesses including: an increased risk of cardiovascular diseases, diabetes, cancers and also mental health disorders, such as depression and anxiety.
- Lack of access to critical benefits such as Pension Credit and Universal Credit.
- Lack of access to affordable and nutritious food especially for those who are older and less mobile.
- There has been a 170% rise of food poverty in Lambeth from 2020 during the last year e.g. Food banks have provided 39,400 with food in local areas.
- As a result of Covid 19 more people are having to claim welfare benefits.
- There is an increase in the number of families needing food support.
- Low wages, insecure employment, and rising costs of living.

<https://www.bda.uk.com/resource/food-poverty.html>

Which groups are significantly affected by food poverty?

Lambeth Council confirms food poverty disproportionately occurs among low socioeconomic and low-income families, and certain sections of the population are significantly more at risk of food poverty including:

- Low-income households;
- Black and minority ethnic groups;
- Men living alone;
- People suffering from mental health issues;
- Frail and poor older people;

- People with disabilities.

Why do we need to tackle food poverty and raise awareness?

We at Age UK Lambeth have an ultimate vision to eradicate food poverty. We want to:

- Promote the right of every individual to be able to afford to purchase food for basic daily living.
- Support people to increase their income.
- Provide education and information on healthy and nutritious eating through our MYSocial service.
- Raise awareness on the impact of food poverty health issues including malnutrition, obesity and the need for a healthy food diet.
- Remind people as highlighted by the NHS to eat a balanced diet. For example the NHS “EatWell Guide” is a great foundation for healthy eating
<https://www.nhs.uk/live-well/eat-well/>

Inspirational quotes from key Lambeth people

- *Everybody in Lambeth should be able to secure a healthy diet (Lambeth Council).*
- *Everyone has the right to be able to afford to purchase food on a daily basis (Lambeth Community Group).*
- *We want to see an end to the need for food banks (Lambeth Food bank rep).*
- *We don't want people to develop illnesses from lack of, or unhealthy eating (Lambeth Community Group).*

What's currently happening in Lambeth to tackle food poverty?

- **Age UK Lambeth has launched its Food Poverty Campaign here!!.** Help us to help you and your clients, families and friends by downloading, and sharing this information sheet as widely as possible. Print
- **Age UK Lambeth** now has a **Food Coordinator** dealing directly with referrals of residents experiencing food access difficulties. We also have professionally trained benefit advisors.
- **Age UK Lambeth MYSocial Service** has previously provided healthy food webinars and will in the near future provide more initiatives aimed at educating more residents.....watch this space!
- **Lambeth Council** has recently launched its “*Lambeth Food Poverty and Insecurity Plan*” at its Health and Wellbeing Board on 29th April 2021.
<https://beta.lambeth.gov.uk/sites/default/files/2021-01/Lambeth%20Food%20Poverty%20and%20Insecurity%20action%20plan%20final%20draft.pdfUntitled>
- **Lambeth Larder** has a very useful directory of local advice centres, emergency food, and other support. - <https://www.lambethlarder.org/>

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- **The NHS 20 tips to eat well for less** - shows how healthy eating does not have to cost more and can save money.

<https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/>

Contact us now to get help on one of the numbers or links below!

Our Food Coordinator can help you to access food

1. **Make direct contact with our Age UK Lambeth Food Coordinator if you need help with accessing food** - (Sarah Flynn) by contacting our MYCommunity Helpline on: 0333 360 3700.

Our trained Advisors can assess and help you to tackle income problems

2. **Contact us if you are struggling financially** to check if you are eligible to get Universal Credit or any discounts off your household bills. Please call our MYCommunity Helpline to get professional advice on: **0333 360 3700** or complete the form on the following link <https://www.ageuk.org.uk/lambeth/our-services/mycommunity-lambeth/>

Our MYSocial Service will allow you to have fun by attending events and learn more about healthy eating.

3. **Check out our MYSocial website by clicking on the link below** if you want to learn more about healthy eating and other social activities. Become a member if you aren't already one - <https://mysocial.london/>
You can also call on: **0203 1435 695** or email: **members@mysocial.london**

See Age UK National's Healthy Eating Guide on the link below for useful tips on healthy eating

4. **Improve your health by eating more healthily** and check out the Age UK Healthy Eating guide on the useful link below:
<https://www.ageuk.org.uk/information-advice/health-wellbeing/healthy-eating/healthy-eating-guide/>

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/551502/Eat_well_Guide_booklet.pdf

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See instagram tips on how you can eat good meals prepared simply including footballer Marcus Rashford and professional chef Tom Kerridge

5. See easy meal recipes which everyone as well as children can benefit from

<https://www.instagram.com/fulltimemeals/>

See the Lambeth Larder website for useful tips and information

6. See Lambeth Larder's useful Food Directory Resource

<https://www.lambethlarder.org/>

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