

FAMILY FOOD

Working together to improve
access to food for families



Emergency food provision

Local Welfare Support Scheme

Leeds City Council runs a Local Welfare Support Scheme to help people in serious need. If you cannot afford to pay for essentials such as food, gas and electric, call the Leeds Welfare Support Team on **0113 376 0330**.

For more information, please go here:

<https://www.leeds.gov.uk/benefits/help-with-food-and-bills>.

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:

<https://leedsfoodaidnetwork.co.uk/find-emergency-food> 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

Over key holiday periods, a small number of community groups, schools and community hubs are running free schemes providing fun activities and healthy meals for Free School Meal eligible school aged children and young people. For more information on Healthy Holidays please visit this page:

<https://www.leeds.gov.uk/children-and-families/healthy-holidays>



MIC
MONEY
INFORMATION
CENTRE

Leeds Money Information Centre (LeedsMIC)

The Leeds MIC website provides details and links to agencies in Leeds and nationally that offer free, independent, confidential help on where to access food support, advice on money, debt, budgeting, reducing bills and affordable loans. For more information, please visit:

www.leedsmic.org.uk



Leeds School Uniform Exchange

Zero Waste Leeds have launched a school uniform reuse network across Leeds, offering great quality second hand uniforms and helping to reduce waste and make school uniform more affordable and accessible across the city.

For more information, including how to find the closest school uniform exchange in your area, visit <https://leedsuniformexchange.org.uk/>

The website also has information for anyone wanting to set up a scheme in their local area. You can also find out more information about the Leeds uniform exchange by visiting

<https://www.facebook.com/zerowasteleeds>



Healthy Start information



This can make a big difference to your family.



With Healthy Start, you get free vouchers every week to spend on

- cow's milk
- fresh, frozen or tinned fruit and vegetables
- infant formula milk
- fresh, dried, and tinned pulses

You can also get free Healthy Start vitamins.

- £4.25 each week of your pregnancy
- £8.50 each week for children from birth to 1 year old
- £4.25 each week for children between 1 and 4 years old

Did you know?

Healthy Start is going digital. You will receive a letter explaining how you transfer onto the online scheme. Until then you can still join by using the paper form and using your vouchers.

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>



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. Children may be eligible for free school meals if you receive any 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



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>

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 your child attends full days at a nursery attached to a local authority school, they may be eligible for free school meals in the school nursery if you are receiving one of the above benefits.

If a child receives free school meals, they will continue to get them, even if their parent's income changes. This will remain in place until Universal Credit is fully rolled out across the UK and will only end when they move from primary to secondary school.

Community Hubs

Council Community Hubs are venues across Leeds offering a mixture of library services, housing services, customer services, job searching and other help and advice.

For the latest information on opening times, please visit

<https://www.leeds.gov.uk/community-hubs>

