



Southend Foodbank are spending thousands of pounds to keep up with the increasing demand for food

Southend Foodbank today reveal they have been forced to spend over £13,500 in the first two months of 2023, to keep up with increasing demand for 3-day food parcels.

Foodbank spokesperson Cass Francis commented “We are giving out over 3.3 tonnes of food each week, and while food donations remain steady, we have seen a 70% increase in food parcels given out compared to this time last year. This increase is really hitting us hard and has resulted in a widening gap between the amount of food being donated, and the amount of food needed to meet the needs of people turning to us at the foodbank.

“Usually, over 90% of the food we give out comes from community donations, but in the first two months of this year, around 30% of what we have given out has had to be purchased by the food bank.”

Southend Foodbank attribute this increase in need due to the cost-of-living crisis, which has seen massive price rises in fuel and food costs over the winter. These price increases disproportionately affect people already struggling on very low incomes.

Southend Foodbank will always do all they can to help people in the community, but needing to distribute emergency food parcels on this scale is unprecedented. If you would like to support the food bank with a donation, the ‘Give Help’ section on their website has details of the ways you can make a difference. <https://southend.foodbank.org.uk/give-help/>

ENDS

Notes to the editor

- Southend Foodbank is part of The Trussell Trust’s UK Foodbank Network.
- Trussell Trust foodbanks provide a minimum of three days’ emergency food to people in crisis. Over 90% of food given out by foodbanks is donated by the public.
- All those who receive emergency food are referred by frontline care professionals such as doctors, social workers and Citizens Advice advisers.

- Food parcels typically contain items such as tinned meat meals, tinned fruit and vegetables, tinned fish, pasta, sauces, UHT milk, cereal, tea, rice pudding, biscuits and soup.
- Last year Southend Foodbank collected 104,925 kilos of food from the public and provided emergency food to 12,859 people, of which 5,699 were children.
- Studies show that in 2020/2021 show 1 in 5 people live in poverty in the UK.
- The average weekly income of households at food banks is only £50 after paying rent.

For more on Southend Foodbank visit www.southend.foodbank.org.uk

For more on The Trussell Trust's UK Foodbank Network visit: www.trusselltrust.org

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