

# TEACHING NOTES

## What is food poverty?

The Department of Health define food poverty as being unable to afford, or have access to, food to make up a healthy diet. Food poverty is as much about the quality of the food as well as the quantity. It is not just about hunger but also about being properly nourished to achieve and keep health.

## Why does it happen?

Food poverty happens for three key reasons:

- **Financial.** Can individuals afford to buy enough food, and the right kind of food that helps them to meet all of the recommendations for a healthy diet?
- **Social.** Does an individual know how to prepare healthy food and do they know how to have a healthy balance between fast-food and fresh food retailers? What kinds of cooking facilities are available to individuals?
- **Physical.** How close does an individual live to a supermarket and do they have the ability to carry shopping from the supermarket home?

## Who does it affect?

Food poverty research is focussed on young and middle-aged adults with children, however it also has a great impact on older people and other groups too.

The traveller community tend to eat a higher fat and salt diet because they do not have adequate refrigeration.

It is more common in families with young mothers, where there are smokers, of a lower social class or where households receive benefits.

People over 65 are also likely to experience food poverty because they have reduced mobility so are unable to make it to shops. Single men, especially over 80 are also seen to be at a high risk for experiencing food poverty.

## What does the Together Network do to make a difference?

- In Southwark we are setting up 'community fridge' schemes where communities can access food that would otherwise go to waste.
- In Leicester we are coordinating Make Lunch programmes and breakfast clubs that are offering these in different locations throughout the week.
- In Bradford partnerships are being formed to set up low cost community food outlet allowing people at risk of food crisis the dignity of buying food for themselves and their families.
- Holiday-hunger schemes are being rolled out in Middlesbrough, Plymouth, Norfolk, Blackburn, Chester, Bradford and Nottingham.
- In Walsall we are supporting a number of food banks and are currently working to extend the amount of time food banks are open in order to increase the support on offer to communities.

**Don't forget to check out our 'Fun and Games' and 'Recipes' resource to get some other inspiration for your Party!**