

Food Poverty



What is Food Poverty?

The inability to afford, or to have access to, food to make up a healthy diet

Department of Health



What causes Food Poverty?



- Rising cost of living
- Losing your job
- Changes in housing
- A delay in receiving benefits
- Debt
- Family bereavement

What happens ?



- Money for food is often the first thing to be cut to allow for rent and energy bills



- A poor diet affects your health and wellbeing



- Low wages do not cover the cost of living

The Camden Advice Network can give you advice about



- Debt and money



- Housing and repairs



- Benefits



- Advocacy – support and representation



- Support filling out forms



- Lots more...

The food support network can help with



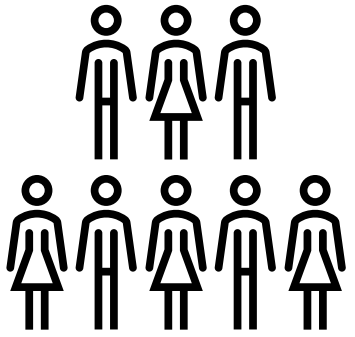
- food



- toiletries and cleaning products



- pet food



Time to Spare

2,000 volunteers to help with



- preparing food



- pharmacy collections



- shopping



You can get lots of other help from the council and other organisations in Camden



Please speak to your social worker or support worker if you need help with anything

Any questions?

