

# Funding Breakfast at Home



## Apps/Sites Offering Free/Reduced Priced Food

There are a number of apps & websites that can help you access free or reduced-price food: Too Good To Go app -supermarkets, bakeries, cafes and restaurants offer a 'magic bag' of food at a reduced price. You will not know what is in the bag until you pick it up at the agreed time slot.

Olio app where individuals, as well as businesses, advertise food that is either free or for sale at a reduced cost. To access items, simply browse the listings available near you, request whatever takes your fancy and arrange a pick-up and a price (if necessary, as some items are free).

Approved Food – a website that specialises in surplus and short dated stock, food that is near or just passed its 'best before' date.

Cheapfood – products that are nearing or just passed their sell by date.

## Food Banks

The Trussell Trust supports 1200 food banks across the UK with two-thirds of the UK's food banks in its network. In order to get help from a food bank, you will need to be referred with a voucher, which can be issued by a number of local community organisations (for instance schools, GPs, and advice agencies). Your local food bank can advise which agencies can help.

## Food On Our Doorstep ( FOOD) Clubs

Family Action run a number of Food on Our Doorstep (FOOD) clubs across the country. They provide good-quality food at a low cost, while also reducing food waste. It costs just £1 a year membership fee for a family. Once you have joined, you can purchase a bag of tasty food items every week worth approx. £10-£15 for just £4.00. To become a member, you must live or work within approximately 15 minutes of a club. No referrals are necessary. Other organisations run their own version of this concept so please check locally for your nearest club. You can find more information at [HERE](#).

## Holiday Activities and Food (HAF)

These have been running since 2018, and primarily aim to offer children in receipt of free school meals the chance to attend a club for free over the school holidays. Other children can attend and pay. Children can expect to receive a healthy meal, participate in an enrichment activity, learn about nutrition, and partake in some physical activity. There will also be some food education sessions for parents/carers. Your local authority or school should have more details on HAF programmes near you.

## Community Fridges

A Community Fridge is a space where surplus food is shared for free with the aim of reducing food waste. Fridges are usually stocked by local businesses sharing food that would not otherwise be sold in time and it can also include fresh produce from local gardeners or food gifted from households. Anyone can access a community fridge.

## Community Venues

Many community organisations offer reasonably priced food or meals. For example, you may have a local community run café where you will be able to access a low-cost breakfast or lunch. This organization provides free weekly cooked meals from surplus goods for anyone who wants or needs one. You can find out more [HERE](#).

Local faith organisations such as churches or temples may also offer free or reduced-price meals or food, particularly during school holidays.

## Regional Organisations

There are lots of regional organisations offering a variety of inventive projects to enable their community to access free/affordable food. Here are some examples:

The Real junk food project – surplus food from supermarkets are given to individuals or communities on a 'pay as you feel' basis

Incredible Surplus - where surplus food from cafes/restaurants and supermarkets is made available on a 'pay as you can/feel' basis.

The London Food Bus - which travels around Lambeth and Wandsworth offering groceries, cupboard items and more, at an affordable price. It even has a cafe on the top section, allowing people to buy a coffee and catch up with friends.

So, keep an eye on what is happening in your local neighbourhood.

## Supermarkets and Restaurants

Most large supermarkets and some restaurants offer discounted or free meals to families and children during the school holidays. These vary year to year so keep an eye on social media for more updates. As an example, in December 2023 Asda offered children's meals for £1 without the need to purchase an adult meal.

This is not an exclusive list, but a few ideas that we have put together for you.