

# Information about Food Banks

Prior to the coronavirus crisis, 1.2 million carers were already in poverty



Carers UK, [Caring Behind Closed Doors](#) report found that:

- ◆ 81% of carers are spending more money at the moment.
- ◆ 72% are spending more on food and 50% are spending more on household bills.
- ◆ 38% of carers agreed or strongly agreed with the statement "I am worried about my financial situation".

We hope that you will find this information about food banks helpful should you find yourself in financial hardship.

## Can I use a food bank?

In order to get help from a food bank, you need to have been referred by an outside agency and issued with a food voucher.

## How to get a Food Voucher

You can ask any of the organisations you may already be contact with like Birmingham Carers Hub, your doctor, health visitor, social worker, and the [Citizens Advice Bureau](#) to make a referral to a food bank. The foodbank and referral agency use the voucher to gather some basic information. This will help them to identify the cause of the crisis, offer practical guidance and prepare suitable emergency food.

## Using your voucher

Once you have been issued with a voucher, you can exchange this for a minimum of three days' emergency food at your nearest foodbank centre.

## Where can I find a food Bank?

To find your nearest food bank, click [here](#) and enter your postcode. There are 26 food banks in Birmingham.

## What's in a food parcel?

Food banks work with nutritionists to develop a parcel which contains sufficient nutrition for adults and children, for at least three days of healthy, balanced meals for individuals and families. To see what is included in a typical food parcel, click [here](#). Many foodbanks also provide essential [non-food items](#) such as toiletries and hygiene products, helping people in crisis to maintain dignity.

## Can I get help with food donations from anywhere else?

The Active Wellbeing Society (TAWS) is jointly working with partner organisations across the city to support those most in need during the Coronavirus (Covid-19) outbreak. TAWS will distribute food to those who need it most (individuals and community groups), if you live in Birmingham and you need support call **0121 728 7030** during office hours. If you are self-isolating with coronavirus symptoms and over the age of 65, contact **As-suffa Outreach Foodbank** to arrange a local pack delivery, you can contact them on **0121 285 2777 or 07835487124, info@as-suffa.org**

## How can donate food to a food bank?

If you're organising a collection for your local foodbank, please check with them first to see which items they are currently in need of. If you are interested in helping in any way, please visit [www.feedbirmingham.org](http://www.feedbirmingham.org) to see what you can do.