

Information for Parents/Carers

Help and Support for families



Information for food banks and government

support for families in need



***“The foodbank was there when we really needed it, it was an absolute lifeline.”***

We don't think anyone in our community should have to face going hungry.

That's why

we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

Food Banks nearest to School.

Kensington and Fairfield, Shiel Road, L6 3AA, Saturday 10:00-12:00

St John's Church, Santon Avenue, L13 7HF, Monday 12:00-14:00

All Saints Stoneycroft, Broadgreen Road, L13 4BW, Thursday 09:00-12:00

Christchurch Anfield. 157 Hartnup Street. L5 1UW, Tuesday 10:00-12:00

St Christophers Church, Lorenzo Drive, L11 1BQ, Tuesday 12:00-14:00

Good Shepherd Church, Lower House Lane L11 2SF, Wednesday 09:30-11:30

<https://northliverpool.foodbank.org.uk/>





**If you are struggling to feed yourself and your family, you can access support in a number of ways.**

#### Foodbanks

Foodbanks and community organisations can provide food parcels to people in crisis.

[Find out how to get a voucher and access your nearest foodbank.](#)

#### **Holiday activities and food programme**

If your child receives free school meals, you can get access to free activities and food for your children in the holidays.

[Find out more about the holiday activity and food programme.](#)

#### **Feeding Liverpool**

[Feeding Liverpool](#) connects and equips people and organisations to create a city where everyone can eat good food.

If you are interested in making new friends, saving money on your food bills, volunteering in your local community or tackling local food waste, use their [Community Food Spaces map](#) to find a community food space near you.

<https://liverpool.gov.uk/cost-of-living/food/>





Across the city New Beginnings Improving Lives CIC Mobile Store any 10 items for £5. Cash only. Locations/day/time posted on Twitter.

Across the city Queen of Green bus Latest info on Twitter. Mobile greengrocers for everyone regardless of income. 29 locations including areas where there are no supermarkets selling 'green' produce. Alexandra Rose vouchers, and Healthy Start vouchers, cash or card accepted.

Food Pantries in L7 and L8. Website has a list of pantries throughout  
Liverpool

**L7 Your Local Pantry Kensington** £3.50 per week. Tue 10am - 2pm

**L7 Your Local Pantry Liverpool All Saints 'ASK'** £3.50 per week. Wed 1:30-3.

**L7 Your Local Pantry Nugent (St Anne's Church)** £3.50 per week. Tue 1pm to 3pm (notified by the provider not 10-11.30 as the website says)

**L8 Fans Supporting Foodbanks** £3.50 per week at Tiber Square Thursday 10-12.

**L8 Liverpool Community Grocery** £5 annual membership fee, £4 per shop up to three times a week. Bring your own bag. Hillsong Church, 7 Mann Street L8 5AF. Mon – Fri: 9:30am – 3:30pm

**L8/L17 St Bede's Food Market** Monday 1-2.30pm. Due to the cost of deliveries of food items and the running of the project, recipients are invited to donate towards the overall running cost of the project.

**L8 The Florrie Food Union** is open to anyone in Liverpool. 10 items for £5.00. Sign up at the centre. Wed & Fri 10:30-2:30.

**L8 Your Local Pantry Parish of Dingle** £3.50 per week Thur 12-2. St. Cleopas Church on 400 Mill Street.

<https://www.thelivewelldirectory.com/Services>





### What is Healthy Start?

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
  - fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect.

<https://www.healthystart.nhs.uk/>



Application form



## QR Codes for websites and information

<https://northliverpool.foodbank.org.uk/>



<https://liverpool.gov.uk/cost-of-living/food/>



<https://www.thelivewelldirectory.com/Services>



<https://www.healthystart.nhs.uk/>



Application form for NHS Healthy Start





Notes for information gathered