



Enough is enough: A scoping study of initiatives to tackle food poverty in Belfast

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Project supported by the PHA



Enough is Enough food poverty scoping exercise

- **Collate data on food banks/food support**
- **Explore reasons behind increase**
- **Overview of initiatives**
- **Identify gaps/opportunities**
- **Foundation for city-wide action plan in partnership with C&V and statutory sectors**

Food poverty is “inability to access a nutritionally adequate diet and the related impacts on health, culture and social participation” (Friel and Conlon, 2004)



What do organisations in Belfast provide people with?

- 36 distribute food parcels, either through a food bank or independently
- 26 run courses on nutrition/cooking skills/healthy eating on a budget
- 19 regularly provide free cooked meals
- 6 provide low-cost cooked meals (e.g. through a community café)
- 2 provide un-cooked food at low cost

Food banks in Belfast

3 Trussell Trust
6 Independent



11,697

people in NI received three days' emergency food in 2013 – 2014 from Trussell Trust food banks

▲ **489 %**

over the previous year

4,338

people fed by 5 independent food banks in 2014

“I visited a food bank four times as I had my brother staying with me and found it hard to support him and my child. They were very helpful and understanding of my situation and helped me in more ways than one.”

(Food bank client, Belfast)

“I feel embarrassed about having to receive food parcels however my food parcels were delivered (through a local advice centre) so I didn't have to physically see anyone.”

(Food bank client, Belfast)

The most common reasons for visiting a food bank in Belfast are:



Low - income



Benefit delays,
cuts and
sanctions.

Other reasons
include
debt,
unemployment,
homelessness,
mental and
physical health
problems, and
having no
access to public
funds.

“It just takes one thing to go wrong. We had a family here before Christmas and the mother was working. Her car broke down so that ate her money up and she had nothing left to fix the car, to get out to work, to earn money. She was in a vicious circle with no money for food.”

(Advice worker, Belfast)

THANKS

All organisations and individuals who
participated

Members of the Working Group

<http://www.publichealth.ie/node/881>



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“Tackling food poverty needs to be re-conceptualised not as a cost but as an investment in the future health of vulnerable groups in our society.”

Martin Caraher

‘Food Poverty Fact or Fiction?’

Public Health Alliance for the Island of Ireland

2007