



Developing a food poverty action plan centred on lived experience



Background

Concerned at a year-on-year increase in food bank use, Moray Foodbank decided that rather than just responding to the immediate need, something more had to be done at a strategic level to prevent people from facing food insecurity.

Recognising that food poverty is a complex issue and many factors come into play, it was felt a multi-agency approach was required. It became clear that there were pockets of work being undertaken in Moray to tackle various aspects of poverty but an overarching approach was lacking.

After speaking to key people in Moray it became clear that there was an appetite to address all forms of inequality, and the Fairer Moray Forum (FMF) was created. Members include representatives from Moray Foodbank, NHS Grampian, TSI Moray, Moray Citizens Advice Bureau, The Moray Council Housing, The Moray Council Education and Social Care, The Moray Council Benefits, Department for Work & Pensions, Richard Lochhead MSP, and Cllr Shona Morrison in her role as The Moray Council Convener.

The Fairer Moray Forum registered as an alliance with Sustain and a successful application to develop a food poverty action plan was made to their Food Power programme, a national programme aiming to strengthen local communities' ability to reduce food poverty.

The Forum felt that it was important to consult with people who were either currently experiencing food insecurity, or who had experienced food insecurity in the past, and that Moray Foodbank would be best placed to lead this consultation.

Method

Four consultants were employed to undertake the consultation – terms of reference were agreed, participant groups identified, and core questions drawn up (Appendix 1).

Shopping basket comparison

An initial shopping basket comparison exercise was carried out to get an understanding of food cost issues, and a baseline map was created (Appendix 2). A shopping list was created and like was compared to like in 18 shops across Moray plus two online providers. Common sense prevailed, and if there was a better buy available this was taken into account, for example, 100 tea bags for £1 compared to the listed 80 tea bags for £1.50. There was an expectation that costs would be higher the more rural the shop was, however, the scale of just how much higher this would be was not expected. The cheapest basket was Aldi in Elgin costing just £7.60 and the highest basket was in Tomintoul costing £17.58, over twice the Elgin amount. It should be noted that many of the smaller, independent stores and those in the more rural areas did sell higher quality butcher meat but the staples like milk and bread were still markedly higher (43p for milk in Elgin compared to 70p in Tomintoul).

This illustrated the challenges faced by people living in rural communities – they either shop locally and pay over double what items may cost in Elgin, or face the additional cost of travelling to Elgin to access cheaper food.

Consultation process

Moray Foodbank has developed client-focused services over the past few years, and provides regular opportunities for users to feedback on service provision and input into service development. This has created a trusting relationship and a willingness for people to share their experiences through informal chats and focus groups.

The first stage consultation was, therefore, with groups and individuals already known to Moray Foodbank who have experienced food insecurity and were confident to participate in interviews and focus groups. Several professionals were also invited to discuss their work and how food poverty impacts on service users.

Focus groups	Professional interviews	Individual interviews
<ul style="list-style-type: none"> • Criminal Justice workshop attendees • The Royal emergency accommodation residents • Tuesday Table lunch club • Elgin lunch club 	<ul style="list-style-type: none"> • Home school link worker • Circles Advocacy • Action for Children • Quarriers Carers • NHS Public Health • The Moray Council Community Care 	<ul style="list-style-type: none"> • Children 1st family • Young person who has experienced homelessness • Single parent

A questionnaire was created and distributed to several parenting groups who were not confident in participating in a focus group but still wanted their experience recorded (Appendix 3).

What became clear through this first round of consultation was that, as expected, multiple issues led to food insecurity. What was surprising was that very few of these issues were to do with food itself.

Most people were happy with the level of food support they received when in need, whether it came via Moray Foodbank, or other projects developed by Moray Foodbank, such as the community larders.

Very few mentioned access to food or cooking skills as the main cause behind food poverty. What became apparent was the common theme of the stigma around poverty, the attitude of some professionals, the difficulties around the welfare/benefit system and the impact of this on mental health and addiction.

A second round of consultation then took place specifically targeting younger people at both primary and secondary schools and their experiences of school dinners and knowledge of food poverty. The majority of children who participated had an idea of what food poverty meant and how it can impact on learning; the older pupils who had been studying poverty as part of their school work had a much wider awareness of the causes of food poverty and were able to use terminology such as “breadline poverty”.

An additional focus group was held with a parenting group who had participated in several Moray Foodbank discussions in the past and felt comfortable to discuss their experiences.

Here 50% of the parents admitted to skipping meals in order to feed their families and valued the free school meals available to them; the negative side of this was the difficulties faced during school holidays when this support was no longer available.

At this point it was felt that enough information had been gathered to begin to prioritise issues and compile an action plan.

Findings – an in-depth overview

Client group	Issues/comments
Experience of homelessness	<ul style="list-style-type: none"> • Addiction issues resulting in financial difficulties; financial difficulties leading to addiction issues • Complications accessing benefits – difficulties manoeuvring the system, complicated sanction complaints system, no information about crisis grants • Lack of support from DWP and Local Authority agencies - no support claiming benefits, better information required, unaware of entitlement • Stigma of poverty, lack of compassion from professionals • Financial difficulties contributing to stress and depression • Once in debt it can be difficult to get back out of it • Food is viewed as low priority – rent, bills and children’s needs are more important • Importance of food support via Moray Foodbank – community larders, food recovery and emergency provision • Social isolation experiences can have an impact on day-to-day life • Lack of cooking equipment when living in homeless accommodation limits the ability to cook and forces you into buying takeaways • Effect of hunger on physical and mental health • Support to cook can have a positive difference • “We do want to help ourselves, we just need encouragement and support and information to do it”
Offenders/risk of offending	<ul style="list-style-type: none"> • Being on benefits affects the ability to buy food – have to make choices between paying for gas/electric and food • Having to go without yourself to ensure the children are provided for • Importance of having good support workers; risk of disclosing too much and fear of losing children • Embarrassment of asking for foodbank support and fear of it being raised in social work meetings • Lack of housing support when leaving prison and delay in receiving benefits • Difficulties on gaining employment with a criminal record • “I’ve been in a situation where sometimes, well, do I get electric or feed my bairn. I need electric to be able to cook for my bairn”
Older people	<ul style="list-style-type: none"> • Social isolation has a negative impact on day-to-day life; importance of lunch clubs for social contact • Lack of support and cuts from local services has a negative impact on how older community members access and prepare food when living on their own if there is no support from friends or family to help • There is an understanding of food poverty but few identify with it – there is an attitude of “getting by”

	<ul style="list-style-type: none"> • Awareness of the higher prices of shopping locally; some struggle to shop in Elgin or larger towns due to transport issues and rely on family and friends • Some felt that there was a feeling of being pushed to leave hospital for home before they are fit or have support in place • Some older people are having to work for longer in order to provide for their retirement and avoid retirement poverty • Some acknowledged that they struggled cooking for one and did not always have the motivation to cook; cooking skills can be a particular problem for men who lose their partners • Many older people access the home delivery service provided by Apetito/Wiltshire Farms – they do not provide a hot meal service to Moray and meals are delivered frozen which can be reheated by the Ablement Team (Home Carers) if providing a service • “Older people are very proud and don’t ask for help when they need it, they just get on with it and manage”
Families	<ul style="list-style-type: none"> • Many families are struggling simply to buy the daily essentials, when shopping difficult decisions often have to be made about what can or can’t be bought • Many parents are skipping meals to ensure their children have enough to eat; there is a desire to be able to feed their child healthier food but this can be too expensive and there is an awareness of the impact on health • Anxiety and low confidence can prevent single parents from accessing parenting support available including cooking and budgeting sessions • Poor quality housing can lead to high heating bills which impacts on money available to buy food • Free school meals are a big help to families; holiday hunger can become an issue when this support is not available • Childcare costs impact on family budgets • Many families rely on foodbank support; support from other organisations such as Step by Step is valued but many were reluctant to approach social work for support for fear of being judged • Transport costs can be an issue to access shops; all spoken to shopped around as much as they could to get the best prices and deals • Any delay or changes to benefit can have a detrimental effect on families • There is an awareness that older children become aware of the family situation which can have a negative impact • Mental health suffers due to stress around surviving • Many families simply did not have enough money due to low wages or a reliance on benefits

	<ul style="list-style-type: none"> • “I’m forced to go out to work or it affects my benefits but I can’t earn enough to cover the childcare and then have enough left to provide decent food”
Children and young people	<ul style="list-style-type: none"> • Children and young people have a good understanding of what food poverty is and the effects it can have on children’s health and learning • Children have a sound understanding of good nutrition and healthy eating but due to family financial circumstances do not always have access to this at home • Comments on school dinners were mostly positive • All those who attended breakfast clubs appreciated the support available and would not have breakfast otherwise; the social aspect was also noted • “I would be very sad for my friends if they didn’t have food to eat”
Additional comments	<ul style="list-style-type: none"> • Importance of informal food support via community larders • Lack of food can have a detrimental impact on existing health conditions; it can be difficult to follow a recommended diet on a restricted budget • For some there is a lack of food knowledge and cooking skills; for others who can cook a lack of equipment can be an issue • There can be limited support from key workers and little awareness of the impact of food poverty; when non-judgemental support is received it is appreciated • Some professionals can be unwilling to make a referral to the Foodbank for their client • The cost of college equipment/course material can be limiting and can’t be bought until bursary payments are received • Issues with PIP assessment/appeals leading to financial hardship

The impact of rurality

During the consultation it became clear that the rurality of Moray had an underlying impact on people's access to food and was a major contributor to food insecurity.

The shopping basket comparison quite clearly illustrated the higher prices that those living away from the main towns were forced to pay and the limited choices that people had. On discussion it was agreed that this was a situation that would be difficult to address but it was important to, firstly, highlight this disparity and, secondly, to ensure that community food provision services are available to as many communities of Moray as possible, particularly those in the most rural areas.

Following this, transport was also an issue that was repeatedly raised during the consultation process. For those living outside Elgin public transport was expensive, unreliable and infrequent meaning that people had fewer options when it came to shopping.

Due to its rural nature, Moray has a high dependency on car travel and has one of the highest rates of car ownership in Scotland¹. Running costs can be significantly higher the more rural a person lives; a simple fuel price comparison showed that in Elgin petrol is 116.7 per litre; in Keith it is 118.9 per litre with the same company selling it for 119.9 per litre in Buckie. In the most rural areas, those that have a petrol station are usually privately owned and significantly higher in price – the comparison showed that in Dufftown costs were 127.9 per litre and Ballindalloch the highest at 134.9 per litre (Appendix 4). We know from discussions during our consultations that some people were having to make the decision to give up their car forcing them to pay higher food costs and in some instances turn to the foodbank for crisis support. For others it was not an option to give up their car as it was vital in getting them to work; this meant that “fuel or food” choices had to be made, with some not able to provide lunch for themselves or again turning to the foodbank for crisis support. This is undoubtedly one of the factors contributing to the rise of in-work poverty.

Again, after discussion, it was felt that although an important factor in food insecurity, transport would not be a priority action in the food poverty action plan as there were other groups in Moray better placed to address it. The Moray Forum Transport Steering Group is integrated into the Community Planning Partnership and is leading on the “facilitation of an integrated, inclusive and coordinated transport service for Moray” with a particular focus on community transport solutions.²

¹ Source: The Moray Council “Area profile”

² Source: www.yourmoray.org.uk/ym_partnership/Page_105087.html

Action plan outcomes

After compiling and reviewing information gathered the top five priorities were seen to be:

1. Remove the stigma around poverty
There is a need to create more understanding of the broader impact of poverty and for people looking for support to believe that professionals empathise and are non-judgemental.
2. Income maximisation
It is important that people are claiming what they are entitled to. Pathways need to be clearer and simpler to ensure that people know where to go for benefit and budgeting support.
3. Increase access to food/social value of food
Emergency food provision should be more accessible and professionals should make routine enquiries about food insecurity, passing referrals to the Foodbank without judgement. This then bypasses the need for someone to ask for help, and hopefully avoids some of the stigma often felt.
Other informal avenues to food provision should be increased, and a range of options including community larders, community meals, lunch clubs, holiday meal clubs and breakfast clubs should be developed in partnership, not only to provide food support, but valuable social contact.
4. Increase food knowledge
Cookery lessons should be provided to groups in a collaborative manner and in a practical way, based on economic means, and should be client-led.
5. Develop holiday food provision
More holiday food support should be created for families whose children would otherwise receive free school meals.

Stakeholder event

Moray Foodbank staff were invited to facilitate a Frontline Forum event organised by the Moray Alcohol and Drug Partnership to give an overview of their services. This provided an opportunity to present on the food poverty action plan consultation, findings, and priority actions, plus hold an interactive workshop to gather stakeholder views. The event was held over lunchtime on 14 February 2019 with over 50 people attending.

All participants were fully engaged in discussions relating to the priority actions and what can be done to improve services and meet local need. This work formed the basis of the actions within the action plan.

Food poverty action plan

Outcome 1 : Remove the stigma around poverty
Action
1.1 Treat clients with dignity and respect
1.2 Provide services in a non-judgemental manner
1.3 Develop community outreach in particular targeting rural communities and harder to engage groups
1.4 Raise professional awareness through training
1.5 Raise awareness that working people also experience poverty
1.6 Have an awareness of what support services are available and signpost/refer without question
1.7 Work in partnership to link services, share resources and maximise impact

Outcome 2 : Income maximisation
Action
2.1 Have an awareness of what financial support services are available and signpost/refer without question
2.2 Develop community financial outreach working in partnership with existing groups/events
2.3 Raise professional awareness of benefits and financial support through training
2.4 Develop a clear referral pathway to financial support services
2.5 Have open and honest discussions with clients around financial constraints and make it part of routine enquiry

Outcome 3 : Increase access to food/social value of food
Action
3.1 Develop community larders in partnership with Moray Foodbank
3.2 Provide cooking sessions and shared meals
3.3 Factor food into group work as appropriate
3.4 Work in partnership to develop community meals

Outcome 4 : Increase food knowledge
Action
4.1 Develop cooking sessions to support clients
4.2 Work with families to make better food choices

Outcome 5 : Develop holiday food provision
Action
5.1 Have an awareness of what holiday provision is available and signpost families
5.2 Actively ask families if they need additional food support and refer to Moray Foodbank/community larders
5.3 Increase service provision during holiday periods and factor food into activities
5.4 Encourage older adults to attend lunch clubs especially during holiday periods when isolation can be higher
5.5 Remove the stigma around holiday provision

Final consultation

Final consultation was carried out through various focus groups to ensure the outcomes and actions were a true reflection of what people had been telling consultants. All participants agreed that the action plan was an accurate account of their needs and were the most important issues to address. The outcomes relating to stigma, professional conduct, and benefit pathways were deemed to be of the highest importance. The remaining outcomes relating to food provision and activities were also seen as beneficial and participants showed an interest in participation and accessing services.

Pledge

It is our intention when developing our abridged food poverty action plan to create a pledge based on the list of actions rather than a traditional time-based model. Organisations will be encouraged to sign up to the pledge and incorporate the actions into their day-to-day working and service development.

Evaluation

A year after the publication of the food poverty action plan, we will undertake a short round of consultation, speaking to priority groups based on the outcomes and actions identified. We will then hold another stakeholder event, inviting all organisations who sign the pledge to report back on findings and share experience. At this point the action plan and pledge will be updated as appropriate.

Additional outcomes

During the Sustain Food Power application process three additional outcomes were identified beyond the development of the food poverty action plan:

1. To facilitate income maximisation
2. Ensure that those eligible for free school meals access them
3. Address the issues of “holiday hunger”

As a result two subgroups of the Fairer Moray Forum were developed – the Income Maximisation Subgroup and the Children and Families Subgroup.

Income maximisation subgroup

The income maximisation subgroup brought together the main money advice services in Moray – The Moray Council Benefits Team, The Moray Council Income Maximisation Team, Moray CAB, Christians Against Poverty, DWP, and Forres Credit Union; NHS Grampian, REAP Scotland and Moray Foodbank also contributed. This was the first time that all the services had come together to begin mapping what each did, identifying commonality and gaps in service, and looking at opportunities for developing new projects. The group has initially tasked itself with developing a simple pathways document to make it easier for people to access services and identify where to go for support. The development of outreach work, holding a public information event, and developing new projects are longer term ambitions of the group informed by much of the feedback from the stakeholder event.

Children and families subgroup

The children and families subgroup brought together representatives of The Moray Council, schools and the third sector to initially look at issues like free school meals. This discussion then evolved into a wider look at associated costs of the school day and a decision was made to look at what could be done around these issues. By this point, much of the consultation material was being gathered and it became clear that professional attitudes and the general stigma around poverty were major issues for people. A series of lunch and learn events for February were held highlighting good working practice, questioning attitudes and with a particular focus on children:

- “Food, families, future” with Neil Orr from Children in Scotland
- “The link between poverty and childhood adversity” with Mary Glasgow from Children 1st
- “Child food insecurity and what can be done to tackle it” with Dr Flora Douglas from Robert Gordon University.

The very last event was the cost of the school day conference facilitated by Child Poverty Action Group (CPAG) Scotland and The Poverty Alliance. Over 50 people attended, including many representatives from schools and parent council groups; feedback was positive and it has pushed the issue up The Moray Council agenda, as evidenced by councillors approaching the Fairer Moray Forum to request that their input on the subject.

Actions from this event will be incorporated into the Moray Poverty Action Plan which will be monitored by the Fairer Moray Forum.

This subgroup will now begin to look at the development of resilience hubs and supporting children and families in Moray through this model.

Conclusion

Food poverty is a complex issue and is more than just the increasing number of people relying on emergency food bank support. Through this consultation it has illustrated that food poverty is a symptom of underlying issues, for example, low income, benefit changes, unemployment, debt, family break-ups, illness, transport issues, addiction issues, and the impact of rurality.

The actions developed in the food poverty action plan address more than just food insecurity and the most critical issue raised during consultation was the stigma around poverty and the importance of treating people in a non-judgemental manner.

Income maximisation is key, and measures need to be put in place to provide easier access to support and to ensure people are claiming all they are entitled to.

Rurality is also a significant factor and there is now a wider recognition that services need to be more accessible to those out-with the main towns of Moray.

Finally, any direct actions relating to food provision and increasing the social value of food will have additional benefit in providing life skills, healthier choices, and a reduction in social isolation.

Report author on behalf of the Fairer Moray Forum:

Mairi McCallum

Project manager

Moray Foodbank

mairi@morayfoodbank.org.uk

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With thanks to consultants Jane Findlay, Linda Grieve, Catherine Sinclair and Lindsay Welsh.

Thanks also to Emily O'Brien, Brighton & Hove Food Partnership.

Appendix 1



CONSENT FORM



Development of a food poverty action plan: consultation

- | | |
|----------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| | Please initial |
| 1. I confirm that I have read and understand the information sheet for the above consultation and have had the opportunity to ask questions. | _____ |
| 2. I understand that my participation is voluntary and that I am free to withdraw at any time, without giving reason. | _____ |
| 3. I agree to take part in the above consultation. | _____ |
| 4. I agree to the interview/focus group being recorded. | _____ |

Name of participant	Date	Signature
_____	_____	_____

Name of consultant	Date	Signature
_____	_____	_____

If applicable

Name of Parent/Guardian	Date	Signature
_____	_____	_____

Your name

xx@morayfoodbank.org.uk

Moray Foodbank, 203 High Street, Elgin IV30 1DJ

Moray Foodbank is a Scottish Charitable Incorporated Organisation (SCIO) Charity Number SC042997



INFORMATION SHEET



Development of a food poverty action plan

You are invited to participate in consultation which will lead to the development of a food poverty action plan. To assist you in deciding whether or not you would like to participate, it is important that you understand its purpose; why it is being conducted and what that will mean for you if you agree to take part.

Please take the time to read the following information, as this assists you in making the decision to be involved or not. If you have any further questions on reading same, then I will do my best to provide an explanation where possible.

BACKGROUND

Moray Foodbank, as the main emergency food provider in Moray, is experiencing a large rise, year on year, in the number of people needing support and would like to find out more about why this is. Consultants employed by Moray Foodbank are speaking to people like yourself to find out more about day-to-day life, how people access food, and what issues they may face which makes it difficult to have an acceptable level of food. We are also interested in hearing your ideas about what needs to change and what can make things better.

PURPOSE OF THE STUDY

Moray Foodbank would like to identify the main factors that make it difficult for people to have enough food for their needs. We know that there are some things that can't be changed but we want to focus on what can be done to make things better for everyone. After consultation has taken place all the experiences, issues and suggestions given to us will be compiled to create an "action plan" – this will be a series of recommendations, things that could be done in Moray, and it is hoped that individuals and organisations will commit to adopting these recommendations. All information will be treated confidentially and at no point will you be identified through what is said or suggested.

WHY HAVE I BEEN SELECTED?

You have been selected because you may have used the foodbank in the past, or you are supported by an organisation that has a community larder or takes surplus food from us. We think it is really important to make sure your experiences and views are heard as part of this piece of work.

DO I HAVE TO TAKE PART?

The choice is yours to make, you can decide whether or not you wish to be part of this study and you are also able to withdraw at any time, without having to provide an explanation.

WHAT WILL HAPPEN IF I TAKE PART?

Your participation will take the form of an interview or focus group where your experiences of the topic will be sought.

The interview/focus group should take between 30 and 45 minutes and will be conducted at a location and time to suit you.

Interviews will be with a consultant and may be digitally recorded, provided you give your permission for this to take place. Transcripts of individual recordings will be made available upon request.

Focus groups will be with other people and you can talk as much or as little as you want; notes will be taken during these discussions which will be made available upon request.

WILL MY TAKING PART IN THE STUDY BE KEPT CONFIDENTIAL?

All participants details will be kept confidential and none of the materials will be personally attributable to any named individuals.

Generic role descriptors such as '*service user*' or '*client*' will be used to promote this anonymity.

The recordings obtained in the study will be stored securely; password protected and destroyed when no longer required.

WHAT HAPPENS TO THE RESULTS?

Results will be compiled and analysed and will inform the development of a food poverty action plan.

Thank you for taking the time to read this 'Information Sheet' and for your consideration in taking part in the study.

For further information and enquiries please contact:

Your name

xx@morayfoodbank.org.uk

Moray Foodbank, 203 High Street, Elgin IV30 1DJ

REQUEST FOR INTERVIEW PARTICIPANTS

Dear xxx

I am a consultant with Moray Foodbank undertaking consultation and research towards the development of a food poverty action plan.

I am conducting interviews with a variety of individuals and your name has been passed to me by xxx of xxx, as you may have experiences and ideas that would be of great value to this piece of work.

Interviews would take about 30 to 40 minutes, at a date, time and place suitable to yourself.

I hope that you will consider taking part in this study as your knowledge and views are important to us; should you agree then please reply to this email as per the contact details provided. I will then send the following documentation out:

- Information sheet
- Interview schedule (topics)
- Consent form

Please do not hesitate to contact me should you have queries or concerns.

Consultant contact details:

Your name

xx@morayfoodbank.org.uk



INTERVIEW SCHEDULE



Development of food poverty action plan

The interview will be 'conversational' in tone and informed by the 'Key themes' below.

Key themes:

Food poverty; access to food; food provision; income maximisation; dignity and choice

SECTION A: Understanding of food poverty and impact

Understanding of food poverty

Impact of food poverty

SECTION B: Support and changes

Support accessed

Support needed

Changes required/suggested

Name of interviewee:

Name of interviewer:

Venue:

Date:

Start time of interview:

End time of interview:

SECTION A: Understanding of food poverty and impact

1. What does food poverty mean to you?
2. In what way has it affected you?
3. How do you shop/access food/shopping habits?

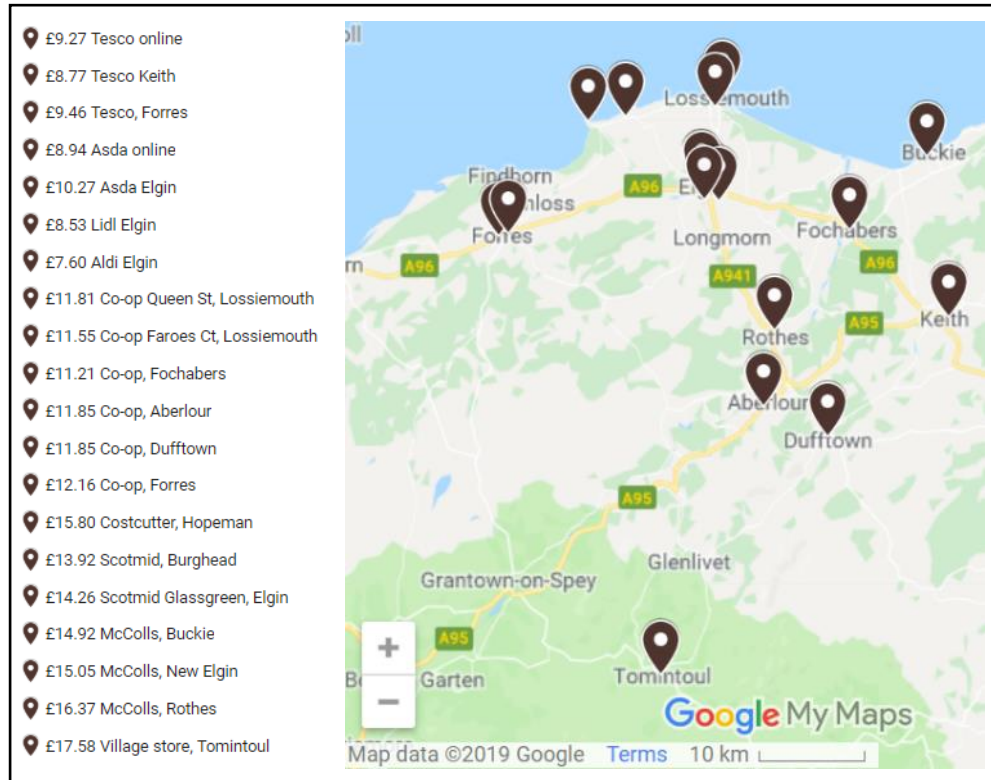
SECTION B: Support and changes

1. What support did you have?
2. What would have helped?

Appendix 2

Shopping basket comparison (week beginning 12 August 2018) -

https://www.google.com/maps/d/edit?mid=1oxhsLfsApr0I5WOzb_rhNS8ZwLsgBY8S&ll=57.48427203976441%2C-3.2237420999999813&z=9



Appendix 3



Moray Foodbank would like to identify the main factors that make it difficult for people to have enough food for their needs. We know that there are some things that can't be changed but we want to focus on what can be done to make things better for everyone. After consultation has taken place all the experiences, issues and suggestions given to us will be compiled to create an "action plan" – this will be a series of recommendations, things that could be done in Moray, and it is hoped that individuals and organisations will commit to adopting these recommendations. All information given in this questionnaire will be treated confidentially and at no point will you be identified through what is said or suggested.

1. What does food poverty mean to you?

2. Where do you regularly buy your groceries? Please select all that apply

- Supermarket
- Local/corner shop
- Garage forecourt
- Independent grocer
- Independent butcher
- Independent baker
- Independent fishmonger
- Farmer's market
- Farm shop
- Home delivery (from supermarket)
- Veggie box scheme
- Other _____

3. Thinking of the store you use most often to purchase food/groceries, please look at the options below and select the one that best applies to you

- I travel to the store in my own/the family car
- I travel to the store by car, getting a lift from a friend/family member
- I travel to the store by bus
- I travel to the store using more than one bus
- I walk to the store
- I use home delivery so I don't need to travel
- Other _____

4. Please read the following statements and select as appropriate

	Often true	Sometimes true	Never true	Prefer not to say
There have been times when I/we have gone for a whole day without eating because there wasn't enough money for food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I/we couldn't afford to eat balanced meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The food that was bought just didn't last, and there wasn't enough money to buy more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I worried whether food would run out before there was money to buy more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There have been times when I've eaten less than I felt I should because there wasn't enough money for food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have had to skip meals so that my family/children could have food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There have been times when I've been hungry but didn't eat because there wasn't enough money for food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I/We have had to cut down the size of meals, or skip meals, because there wasn't enough money for all the food we needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. What support have you received? Please tick all that apply

- I have used the Foodbank once
- I have used the Foodbank more than once
- I have accessed the community larder (food store) at xxx
- I have taken home some of the surplus food from xxx
- I have been given food by families/friends
- I don't know where to go for support
- Other _____

6. School meals – if you have a child at school please tick all that apply

- My child is in P1 – P3 and is registered for free school meals
- My child is in P1 – P3 and regularly has free school meals
- My child is older than P3 and is registered for free school meals
- My child is older than P3 and regularly has free school meals
- I am too embarrassed to access free school meals
- I don't know how to register for free school meals
- I don't qualify for free school meals and struggle to provide lunch for my child
- Other _____

7. Breakfast – if you have a child at school please tick all that apply

- I sometimes struggle to provide breakfast for my child
- My child attends a breakfast club at school
- My child attends a breakfast club elsewhere (where? _____)
- I would like my child to attend a breakfast club but there is no provision
- Other _____

8. Holiday provision – please tick all that apply

- I find it more difficult to feed my child/family during the school holidays
- I have accessed additional support like the Foodbank during school holidays
- My child has attended a holiday club and received a free meal
- I rely on family/friends to help with food during the school holidays
- I manage OK during the school holidays
- Other _____

9. What support would make a difference to you

- Access to cheaper, more affordable food
- Cooking workshops to learn how to make cheap, nutritious meals
- Budgeting workshops to help me manage my finances
- A benefits check to make sure I am getting everything I'm entitled to
- Other _____

10. Is there anything else you would like to add or tell us?

Thank you for taking part in our consultation process, if you have any questions please contact us at Moray Foodbank, 203 High Street, Elgin IV30 1DJ.

E: admin@morayfoodbank.org.uk

T: 01343 208293

Moray Foodbank is a Scottish Charitable Incorporated Organisation (SCIO) Charity Number SC042997

Appendix 4

Allstar fuel price comparison 13 March 2019

Non-leaded price per litre

