S week	
Food and non-alcoholic drinks	
Electricity and gas	
Clothes and shoes	
Phones, internet and postage	
Travel	
Sundries: Toiletries, haircut,	
cleaning materials, bank charges	
• • • • • • • • • • • • • • • • • • • •	
	• • • • •
	• • • • •
TOTAL: £	

Do you think the basic rate of Universal Credit covers these essential costs?









It's simply not enough.

Universal Credit should support anyone in need of help and cover the cost of life's essentials, like food, household bills and travel.

But the shortfall between Universal Credit and living costs is forcing people to go without the essentials and pushing people to food banks.

The UK Government must make sure the basic rate of Universal Credit at least covers our core costs.

Join us, with your church, in calling on the government to guarantee our essentials.

Help guarantee our essentials Scanthe QR or visit trussell.org.uk/church-GOE



## GUARANTEE OUR ESSENTIALS





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