

Environmental change, hunger and hardship in the UK

Executive summary

February 2026



Contents

How environmental issues impact hunger and hardship.....	4
Money matters.....	5
Social security.....	7
Care and caring	8
Mental health.....	8
Communities.....	9
Housing	11
Health and Disability.....	13
What people with experience of hunger and hardship say.....	14
Conclusion	16

In 2025, Trussell commissioned an Environmental Evidence Review to explore the links between environmental issues and the drivers of food bank need. The review built on existing research on the circumstances of people who use food banks in the UK, including Trussell's [State of Hunger programme](#) (2019, 2021), [Hunger in the UK](#) (2023, 2025), and [policy briefings to end the need for food banks in the UK](#) (2024), to explore whether, and if so how, environmental issues may impact hunger and hardship in the UK - either positively or negatively. Here we publish a summary of our learning that may be valuable to others and to support related discussions with wider stakeholders.

Author: Liz Gadd at [Liz Gadd Consulting](#)

Sketchnote: Mandy Johnson at [Sketchnotes UK](#)

Cover image: Photo by [Chris Gallagher](#) on [Unsplash](#)

How environmental issues might reduce the need for food banks

Homes and infrastructure resilient to extreme weather

- Medical services available.
- Homes warmed or cooled at the right time.
- Damp reduced.



Energy costs reduced

- Cost reductions through solar panels, heat pumps and electric boilers.
- Installation costs are not passed on to people facing hunger and hardship.
- Training is given on how to use the new technologies, and people are shown how to reduce their bills.



Win-win for people and planet

- Policies across the UK that reduce hunger and hardship at the same time as moving to a greener economy.
- Policymakers and governments across the UK listen to the needs of people facing hunger and hardship.



New jobs and training accessible to all



Improved access to green and blue spaces

- Improves access to affordable, nutritious food, including community grown fruit and vegetables.
- Strengthens communities and improves mental health.
- Reduces heat in surrounding areas.



An improved social security system

- Helps people access training and secure new green jobs.
- Supports people to cope with climate impacts such as floods and storms.



A just transition with costs shared equally

- Moving to a post-carbon economy that reduces hunger and hardship by ensuring benefits are accessible to people on low incomes.



Better and more affordable transport

Insulated homes

- Houses are warmer and cheaper to heat.
- No costs being passed on to people facing hunger and hardship.



How environmental issues impact hunger and hardship

“Households with lower incomes are likely to be more vulnerable to multiple climate risks as well as having reduced adaptive capacity to respond.”

Climate Change Committee, The Just Transition and Climate Change Adaptation (2022)

The environmental impacts experienced by people at risk of hunger and hardship may be direct environmental impacts – such as floods, heatwaves or pollution – and/or impacts that relate to policy changes – such as how quickly we reduce carbon emissions, or how the costs of reducing fossil fuel dependence are distributed. The breadth, depth, and speed of these changes will depend on policy choices made by current and future policy makers. Intersectionality is central. Much of the impact of the climate and nature crises is due to multiple injustices and societal barriers, including susceptibility to health impacts, experience of discrimination, and likelihood of living in a low-income household.

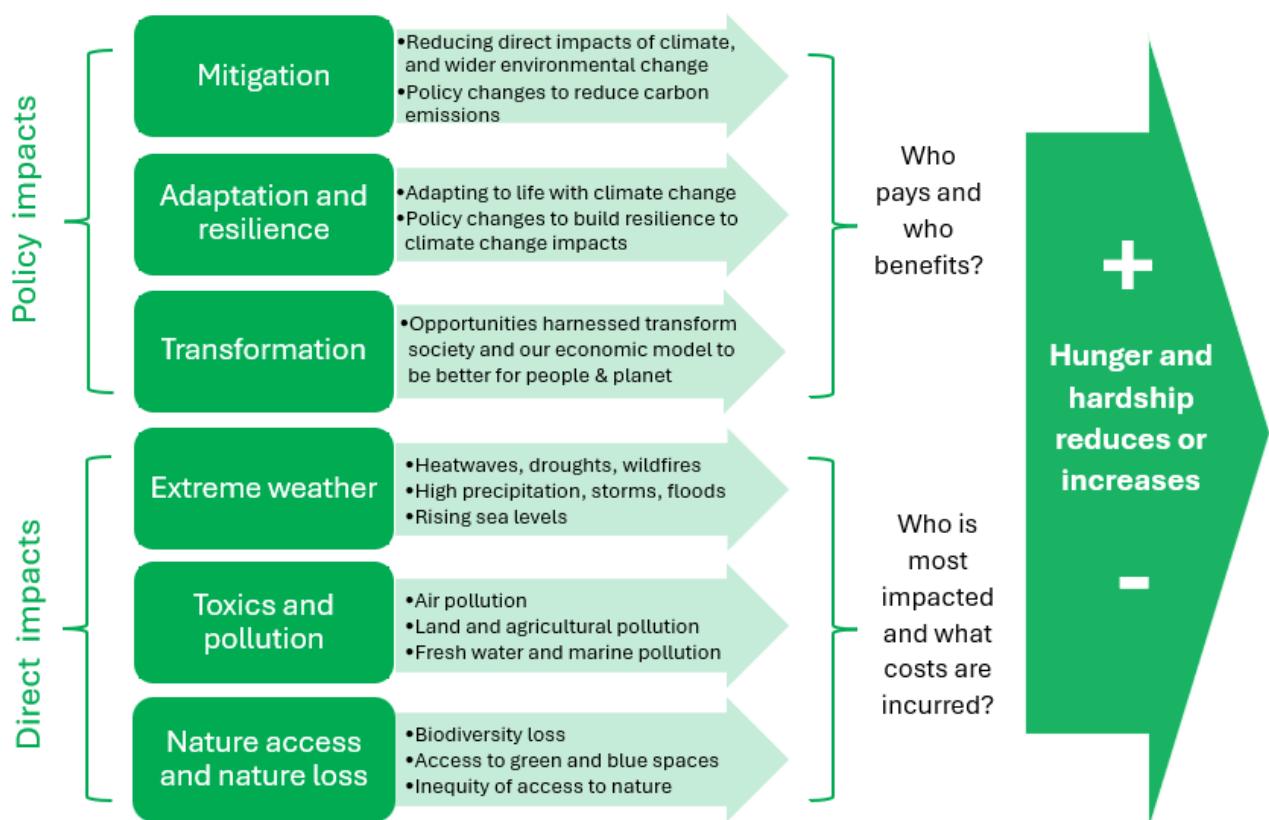


Fig1: Direct environmental impacts and related policy impacts that would impact the drivers of food bank need

Trussell's evidence shows that the need for food banks is driven by pressures across eight interconnected areas or themes, social security, care and caring, community, housing, mental health, money and debt, work, and disability. It isn't the broad areas or themes themselves that drive food bank need, but the specific pressures and gaps within them. Many of these pressures already intersect with environmental change, and others are beginning to show emerging links. As the UK transitions to a post-carbon economy, the decisions taken will shape these pressures, either easing them or deepening the factors that push people towards needing a food bank.

Money matters

Living on a persistently low income makes it difficult to cover essential costs, with 90% of people referred to food banks in the Trussell community falling behind on payments such as gas or electricity (41%), Council Tax (37%), water (32%), and rent or mortgage (25%). For people on low incomes, building up even a small financial buffer is often impossible. Trussell's Hunger in the UK 2025 shows that most households referred to food banks have no savings at all, leaving them unable to absorb even minor shocks. Without that cushion, unexpected events, emergencies and costs quickly become unmanageable, forcing people to turn to high cost or risky forms of credit just to get through the week. Problem debt and the threat of enforcement action take a toll on mental health, with 18% of people across the UK with mental health problems experiencing problem debt – three and a half times higher than people without mental health issues. This is stronger among people from ethnic minority groups experiencing poor mental health, who are more likely than other ethnic groups to be behind on household bills. Well-funded advice services and dignified, 'cash-first' crisis support can help people access the assistance they need, protecting against financial hardship. The majority of people referred to food banks have recently faced a large and unexpected cost, and it's known that inconsistent financial support pushes people toward food banks. Environmental issues might impact living costs as a driver of food bank need in the following ways:

Opportunities

- Opportunity to increase real disposable income through climate action, including through better health, jobs, renewal energy, mitigated price shocks, and more.
- Opportunity to improve public transport quality and affordability while decarbonising; for example, it is estimated that investing £1.1 billion in bus services, capping single fares at £2, and establishing congestion zones could reduce emissions by 10 million tonnes of CO₂, create nearly 58,000 jobs, and add £3.6 billion to England's GDP.

Risks

- Risk of rising food costs due to climate and environmental impacts on agriculture and supply chains. Climate change is already estimated to add around £600 a year to household food bills, and the Climate Change Committee report that progress to reduce vulnerability to food price shocks remains insufficient.
- Risk of wider household costs due to climate change, which are estimated to be £3,000 per household for 2025 – composed of the estimated economic costs of flooding, loss of crops, sea level rise, droughts, storms, disruption to overseas trade, and harmful impacts on public health that result from global heating.

- **Risk of inequitable distribution of decarbonisation costs**, should taxes and levies to incentivise behaviour change disproportionately impact people unable to afford the upfront costs. Households reliant on oil for heating or using bottled gas are particularly at risk.
- **Risk of rising energy costs and/or price volatility linked to decarbonisation** with cost increases particularly impacting people facing hunger and hardship, as they face the highest effective rate of inflation. Energy price volatility may increase when fossil fuels are used to cover gaps in renewable generation, and variable energy pricing – introduced to manage pressure on the electricity grid as renewable use grows – may disproportionately affect people who rely on energy to manage health conditions or disabilities, households with children, and people working shifts.
- **Risk of increases costs associated with keeping warm in cold weather** could be increased by erratic weather patterns exacerbated by climate change.
- **Risk of increased costs associated with keeping cool in heatwaves**. Many adaptation measures to reduce the impact of heat on buildings are outside the influence of tenants, or outside the budgets of homeowners on low incomes – for example, awnings on windows or buildings, or (although a high carbon solution) air conditioning. Even low-cost interventions such as fans, sunhats, travel to cooler green spaces, cooling baths/showers, or closing the curtains during the day (which may require lights to be switched on) have cost implications.
- **Risk of increased housing costs and rent** (see housing section).
- **Risk that decarbonising road travel may disproportionately affect people on low incomes** who rely on private vehicles for work (e.g. paid carers, delivery roles, taxi drivers) or their independence (e.g. disabled people or people living in areas poorly served by public transport). For example, the second-hand electric vehicle market remains relatively immature despite growth, electric vehicles cost twice as much to insure as traditional petrol or diesel vehicles, most scrappage schemes have now closed; significant numbers would struggle to access charging points at home and, as government income from car tax and fuel duty falls, the knock-on impact of reduced budgets is unknown.
- **Risk that people facing hardship and hunger may be less likely to experience the health benefits of cleaner travel** For example, research in America shows that, as drivers switch to electric vehicles, air quality tends to improve in higher-income neighbourhoods and remains the same or grows worse in poor neighbourhoods. Low-income households continue to face the worst air pollution even with policy interventions.
- **Risk of unexpected costs due to infrastructure failure during extreme weather**, including disruption to the public transport system and medical services (e.g. data centres collapse in heatwaves, hospitals cancel surgery, mental health services are disrupted) and access to medical appointments (e.g. storms prevent travel or A&E is swamped).

- Risk of broader unknown challenges and costs if the transition to a post-carbon economy is poorly planned.

“Setting poverty reduction against climate action, be it mitigation or adaptation, is misguided, and, to the extent that it bolsters the fossil fuel status quo, will ultimately be to the detriment of people in poverty. But while action on each will often be mutually reinforcing, this will not always be automatic. A comprehensive, integrated policy approach is essential for tackling climate change and poverty simultaneously. This approach should catalyse substantial investments across all capital forms – human, natural, physical and social – and integrate climate strategies with equitable growth measures to ease transition impacts on people in poverty.”

Social security

The majority (87%) of people referred to food banks in the Trussell community receive social security income – and therefore changes to social security mechanisms have the potential to significantly impact hunger and hardship, particularly for people receiving Universal Credit, single parents, care leavers, and disabled people. Environmental issues might impact social security as a driver of food bank need in the following ways:

Opportunities

- Opportunity to integrate social security and employment support with green-skills training, including targeted training, mentorship, and job-matching into emerging green sectors. Also exploring a 'paid climate leave' component – drawing in emerging examples such as Spain's paid climate leave or Canada's Employment Insurance – to support workers affected by extreme weather and cushion the financial impact of climate-related disruptions.
- Opportunity to redesign social security payments to support transitions, through incentives such as retraining grants and transitional payments.

“Policymakers will have to achieve a double objective: implementing climate policies to support mitigation and adaptation efforts to contain the climate crisis, while at the same time strengthening social protection to address both ordinary life-cycle risks and climate risks. In the context of an evolving risk landscape, policymakers must ensure their social protection systems can deal with both types of risk.”

Risks

- Risk that the social security system and lifelong learning systems do not support people facing hunger and hardship to access new 'green jobs' and to adapt to the changing job market.
- Risk that the social security system does not protect people from climate-related shocks. The majority of people referred to food banks have recently faced a large and unexpected cost.

Climate change could bring more frequent unexpected costs, and people struggling to afford essentials are unlikely to be able to afford climate related insurance.

Care and caring

Many unpaid carers struggle to access employment due to difficulties finding replacement care, and 24% face hunger compared to 13% of non-carers. Many also manage their own health conditions, while restrictive Carer's Allowance rules create barriers to work and education. Paid carers, mainly women in social care and childcare, face persistently low wages. Families with children are at greater risk, with 36% of people referred to food banks in the Trussell community living with children under 16 - driven by unaffordable childcare and inflexible work. Environmental issues might impact care and caring as a driver of food bank need in the following ways:

Opportunities

- **Opportunity to ensure that unpaid and paid carers are fully included in a fair and just transition**, particularly in relation to green job opportunities and training pathways.

Risks

- **Risk that environmental issues increase care needs**, through worsening health conditions or increased disability requiring paid or unpaid care.
- **Risk of rising costs of care in the home** due to increased travel expenses of the (predominantly private vehicle-dependent) workforce being particularly vulnerable to fuel price rises, as well as any taxes, levies and charges implemented to encourage decarbonisation of private transport.
- **Risk of increased childcare costs and/or need to take time off work**, as the childcare system and schools are often ill-equipped to cope with soaring temperatures and poor air quality, and may be increasingly likely to close during extreme weather.
- **Risk that carers are excluded from training or new job opportunities**, especially where pre-existing barriers overlap, such as the challenges of current restrictions placed by Carer's Allowance requirements.
- **Risk that people with experience of care, who are disproportionately represented among people referred to food banks, face additional barriers to accessing new green jobs without dedicated support**. This group represents 15% of people referred to Trussell food banks (compared to just 2% of people across the UK).

Mental health

Over half (58%) of people referred to food banks in the Trussell community experience mental health conditions, compared to 15% of the general population. Barriers to employment, inadequacies in the social security system, and a lack of essentials further worsen mental health. People with mental health conditions often face additional challenges such as trauma from domestic abuse or homelessness, as well as living with long-term conditions like addiction. They are also more likely to have multiple challenging or harmful events; while only 5% of the general population experiences three or more adverse events in a year, this figure rises to 35% among people referred to food banks

in the Trussell community. In addition, 15% of people referred to the Trussell community have experienced living in local authority care as a child, compared to just 2% of people across the UK, and nearly half of children in care have a mental health condition. Environmental issues might impact mental health as a driver of food bank need in the following ways:

Opportunities

- Opportunity to improve access to, and quality of, green and blue spaces for people in poverty – which could improve anxiety and depression, increase the ability to cope with stressful events, reduce the negative effects of income deprivation and improve general health.

Risks

- Risk of air pollution exacerbating mental health conditions, including schizophrenia, psychotic conditions and common mental health illnesses, particularly for people in poverty.
- Risk of heatwaves exacerbating mental health conditions, including increasing mental health conditions, and the number of suicides and manic episodes for people with bipolar disorder, with mental health medications making it harder for people using them to cope with heat.
- Risk of flooding increasing mental health conditions, including depression and anxiety, with people in poverty particularly vulnerable, as people from deprived areas face more flood risk than people living in less deprived areas – and because social housing has historically been developed in areas prone to flooding.

Communities

Social isolation is a significant issue among people referred to food banks, with 28% reporting severe isolation, having contact with others less than once a month or never, compared with just 8% in the general population. Challenging and harmful life events such as domestic abuse, homelessness, and eviction are more common among people referred to food banks than across the UK. Relationship breakdowns and domestic abuse are particularly prevalent with 19% of people referred to food banks experiencing family breakdowns and 16% reporting domestic abuse in the last year. Poor public transport, digital exclusion (affecting 14% of people needing to use a food bank), and limited access to community spaces exacerbate isolation, particularly in areas facing poverty. Social isolation and loneliness negatively impact health and wellbeing, increasing mortality risks and increases the need for support through healthcare services. Strengthening communities through better social infrastructure, connectivity, and support systems is essential to address these challenges, build resilience, and reduce reliance on food banks, thereby freeing up resources for proactive community support. Environmental issues might impact community cohesion and social isolation as a driver of food bank need in the following ways:

Opportunities

Opportunity to strengthen communities by improving access to green and blue spaces, which is shown to increase social capital, reduce crime rates, reduced violence, and increase community cohesion, as well as offering disproportionate benefits to people in poverty.

Risks

- Risk of increasing harm to communities in the absence of a clear cross-government plan for a well-adapted UK.
- Risk of loss of life from the impacts of climate change (e.g. 4,500+ people died in heatwaves in 2022) and air pollution (responsible for between 28,000 and 36,000 deaths per year) affecting families of people experiencing poverty and older people in particular (excess deaths were greater for older people in the heatwave of 2022, especially among people with dementia and Alzheimer's).
- Risk that climate action is used as a political 'wedge issue' leading to reduced or slower climate action and the associated increased negative impacts, with potential to improve social issues alongside climate action not being leveraged.
- Risk of increased domestic violence during heatwaves, although the area is not well researched. One early research study has suggested that an increase of 1°C in annual temperature is linked to a 6% increase in domestic violence, and another that 34°C is a threshold for increased domestic violence. Overall risks appear to be less than the impact of football matches on domestic violence – however, the combination of sporting events during periods of extreme weather, especially heatwaves, will be important to monitor.

Work

Insecure, low-paid, and part-time work often leaves people unable to cover essential costs, with 30% of people referred to food banks in the Trussell community coming from working households. Food insecurity disproportionately affects part-time workers (20%, compared to 15% of full-time workers) and people in insecure jobs, such as zero-hours contracts or seasonal work – 19% of working age people in paid work, referred to food banks, were on zero-hour contracts. Women, people from racialised groups, disabled workers, and carers are more likely to face in-work poverty, with factors like high childcare costs and limited social security support exacerbating challenges. Among low-paid workers, 39% regularly skip meals, and many struggle with rent, debt, and essential costs. Disabled people and carers frequently cite health conditions or caregiving responsibilities as barriers to work, with 38% of disabled people across the UK, who are out of work stating that they cannot work because of their health condition. The flaws in the social security system further discourage risk-taking, such as pursuing better job opportunities, due to fears of reassessments, delays, or sanctions, limiting income growth and individual wellbeing. Environmental issues might impact work as a driver of food bank need in the following ways:

Opportunities

- Opportunity for green job growth to lift people out of poverty with the right access and training opportunities. It is anticipated that 135,000 and 725,000 net new jobs could be created by 2030. The net zero sector is growing three times faster than the overall UK economy, with the Confederation of British Industry (CBI) estimating that the 'net zero economy' is already worth £28.8 billion (almost on a par with the entire economy of Wales) and is supporting 273,000 good quality jobs, that are 40% more productive and pay 15% higher wages than the UK average.

Risks

- **Risk of people facing hunger and hardship being excluded from 'green job' opportunities.** One in five workers will be affected by decarbonisation-related changes in the job market, and around 3 million workers will require upskilling. Analysis has shown that green jobs tend to be more prevalent among graduates, that male workers (especially white males) are more likely to benefit from new 'green jobs', and that the jobs are concentrated in London and the South East.
- **Risk of extreme weather impacting people's ability to work**, increasing pressure on people in insecure employment. For example, 11 million labour hours were lost due to high heat exposure in 2022.

Housing

The need for food banks is closely linked to rented housing, particularly in the private sector, where high rents and the risk of eviction exacerbate financial hardship. Among people referred to food banks in the Trussell community, 68% are renters, 11% were evicted in the past year, and evictions often coincide with separation, domestic abuse, or family breakdown. Homelessness is a significant issue, with 41% of people referred to food banks either homeless or recently homeless, compared to 4% of the general UK population. Care leavers, people from ethnic minority groups, young people, and people from the LGBTQ+ community are disproportionately affected by homelessness.

Temporary accommodation adds further challenges, isolating people and straining local authority budgets. A severe shortage of social and affordable housing has left many reliant on poor-quality private rentals, contributing to health issues and higher energy costs, with 25% of people in receipt of Universal Credit, who reported having used a food bank, stating inadequate housing conditions. Environmental issues might impact housing as a driver of food bank need in the following ways:

Opportunities

- **Opportunity to reduce energy bills, improve health, and cut emissions** by reducing heat loss through insulation, glazing, and draught-proofing. Studies show some low-income households may choose to benefit from better heated homes in preference to reducing their bills.
- **Opportunity to ensure that the transition does not replicate existing inequalities.** For example, ensuring renters will not be unduly impacted by what landlords will allow and/or fund, that urban areas benefit from 'economies of scale' reducing costs compared to rural areas, that the digitally excluded have good access to information and support to shift to more digital technology, and that people in poverty who require a warmer home than others (because of managing disability, health or age related issues) receive appropriate support.
- **Opportunity to lift families out of poverty at the same time as decarbonising housing.** For examples, estimates suggest that that putting solar panels on the roofs of low-income households could lift 1.2 million families in the UK out of fuel poverty, by cutting their energy bills by a quarter.
- **Opportunity to build resilience** by increasing resilience of buildings to flooding, heat, and storms

Risks

- **Risk that decarbonisation could overshadow or detract from fuel poverty alleviation**, which could happen if attention and support is given to the households with the highest emissions, meaning that people facing hunger and hardship would likely be the last to benefit.
- **Risk that a focus on mitigation overlooks adaptation**. For example, retrofitting homes to reduce greenhouse gas emissions and make them warmer leads to insufficient attention given to adaption such as cooling homes during heatwaves.
- **Risk of inequitable upfront costs**, particularly insulation and the transition from gas central heating, which is used by 73% of UK homes, to low carbon alternatives. The costs of transition to new technologies are not simply the installation; people must learn to use very different systems, which causes additional costs for social landlords in upskilling tenants and fixing issues caused by inappropriate handling. Passing these costs on to renters could incur rent increases.
- **Risk that costs, taxes, and levies might exacerbate hunger and hardship**, with people unable to afford the upfront costs of new technologies unable to benefit and perhaps facing increasing fossil fuel-based taxes designed to encourage transition to renewables. Similarly, policy to increase home energy efficiency could see landlords passing costs on to tenants or deciding to withdraw properties from the housing market, leaving people facing eviction and higher rents due to reduced housing stock.
- **Risk that people on low incomes remain disproportionately in 'leaky homes'** that lose heat easily and require an average of 58% more energy than homes that meet the government's standards, with high energy bills as a result, and an estimated extra approximately £350 in winter. 'Leaky homes' account for 40% of homes (64% in London) with poor quality walls, often privately rented, concentrated in poorer neighbourhoods, and with an estimated three times the level of damp and mould found in privately owned houses.
- **Risk of financial impacts from direct climate impacts**, for example forced relocation due to climate impacts such as flooding or coastal erosion, or challenges of building in the highest risk flood areas.

"Fuel poverty alleviation, climate change adaptation and decarbonisation are prominent agendas that are often assumed to be complementary and synergistic. Buildings contribute a substantial share of energy-related greenhouse gas emissions, and their inhabitants will suffer the impacts of extreme temperatures and an unstable climate. How we move towards low-carbon energy sources and technologies in a way that does not leave vulnerable householders behind and does not perpetuate and deepen inequalities is therefore an essential question for those investigating just transitions to a low-carbon future."

Sherriff, G., Butler, D., & Brown, P. (2022). 'The reduction of fuel poverty may be lost in the rush to decarbonise': Six research risks at the intersection of fuel poverty, climate change and

Health and Disability

The majority (74%) of people referred to food banks in the Trussell community are disabled, with 79% reporting that they or someone in their household is disabled. In comparison to 26% of the general population are disabled and 38% of people live in a disabled household. Disabled people face significant additional costs, lower incomes, and higher rates of food insecurity (28% compared to 11% for non-disabled people). Mental health conditions are the most common disability reported (52%), followed by long-term physical conditions (24%), physical disabilities (18%), and learning disabilities (7%). Disabled people are more likely to experience deep poverty (15% compared to 9% for non-disabled families) and are disproportionately affected by unemployment, with rates more than double those of non-disabled people. For people referred to food banks and out of work, 74% cite health conditions or caring responsibilities as barriers, while 45% of people seeking work struggle to find jobs compatible with their health needs.

Environmental issues might impact disability as a driver of food bank need in the following ways:

Opportunities

- **Opportunity to improve long-term health of future generations** by addressing air pollution's links to pre-term birth and low birth weights, neurodevelopment and the development of brain and lungs. For example, research shows a clear link with exposure to air pollution in youth and development of dementia in later life, as well as separate research indicating that exposure to air pollution early in life may reduce the upward economic mobility prospects of children from low-income families.

Risks

- **Risk that worsening air pollution increases disability and long-term health conditions, including heart rhythm problems, chronic cardiovascular diseases including chronic obstructive pulmonary disease (COPD), respiratory diseases, lung function decline, cancer, obesity, diabetes, dementia, Alzheimer's and Parkinson's.** People facing hunger and hardship are particularly impacted, with evidence showing that 85% of people living in areas with illegal levels of nitrogen oxide are in the poorest fifth of the population, and are 2.5 times more likely to have COPD, twice as likely to develop lung cancer, and 36% more likely to have asthma.
- **Risk that rising temperatures and heatwaves increase disability-related health challenges.** Heat is particularly challenging for people with Multiple Sclerosis (MS), autonomic nervous system issues such as PoTs, spinal cord injuries and syndromes that affect sweat function such as Ehlers-Danlos. People with obesity, cardiovascular disease, respiratory disease, and diabetes are less able to adapt to changes in environmental conditions, as are people taking medications that affect the body's temperature regulation, such as anticholinergics, antihistamines, diuretics, stimulants, SSRIs, and ACE inhibitors.

What people with experience of hunger and hardship say

This research included consultation with a small group of people with lived experience of hunger and hardship. Learning provides useful insight into their views and experience, but should not be taken as necessarily representative of the wider population of people forced to turn to food banks.

Findings showed that the people with experience of hunger and hardship involved in this study have strong environmental awareness and concerns, while not always having access to accurate information. They are already experiencing many of the challenges listed in the previous section, and the risks and opportunities all resonated. Energy cost reduction is their top priority for environmental action. They call on policy makers to ensure equitable distribution of the costs and benefits of environmental action, and to engage with people experiencing hunger and hardship to ensure that environmental action is successful, and contributes to reductions in poverty.

Reduce poverty alongside environmental action

"Environmental policy should go hand in hand with poverty reduction efforts"

"Climate change affects everyone. Hardship, hunger is an add on issue that impacts many"

We're experiencing environmental issues now

"The children's bed was on the floor. And, when the flooding happened, it actually flooded the room, and that was how the bed went. They don't have the money to go buy it again... They would just make some kind of heap of clothes."

"We're having more and more housing estates built, on green land, which has in previous years been used for crops... So not only is it cutting down on land which has been used for agriculture, it's also then, increasing the likelihood of floods"

Involve us in discussions about solutions

"The success of environmental action... depends entirely on whether the policy makers prioritize equity... If they don't consider the poorest... they could worsen existing hardships."

"Everybody's not the same... Seek the people who have felt the brunt of it and ask them, okay. What is going to work? Because I believe these people know what doesn't work because they've experienced it."

We fear our voices will be not heard

"Twice over the last probably three or four years, we've been hit really, really badly with flooding. Lots of town centre shops have been hit, houses, community buildings. And insurance has been a real issue for lots of people now not being able to get insurance, or it's just so high that they can't afford it."

"It's just all quite stressful [thinking about climate change]. And if you do have mental health, it's even worse, because we're all struggling to get by."

"But I can't see them completely wrapping everybody around in a house and saying, right. What do you need? We'll give you this. We'll give you that... I think that's too... utopian..."

"I feel as though we would have less choice opportunities and maybe a bit more controlled in what we can do because of the environment."

"There's always gonna be someone, some company somewhere that's gonna be taking thousands and thousands of pounds from somebody because they know that this is the new craze, right now [its] the heat pump..."

"I just think, there's too much greed in the world as well. There's too much emphasis on what people have got instead of happiness."

"Although it's nice to think about what we can do, we are very limited in regard to what a political party, a president, a prime minister is actually going to do."

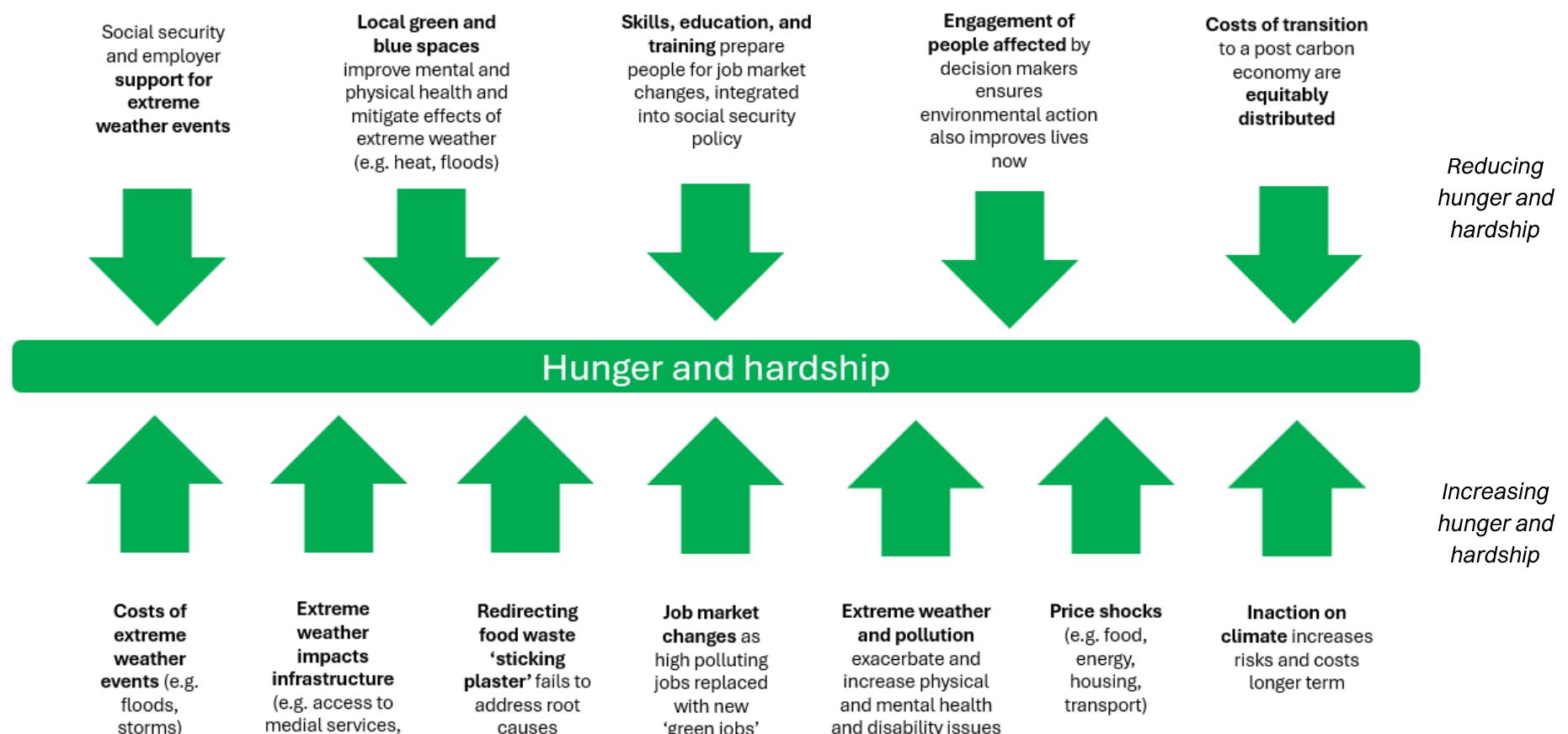
It's not the planet at risk – it's human beings

"The planet is not at risk. Human beings are at risk. The planet will get rid of us before the planet will die. And just as we saw through COVID, the planet started to heal. We heard more birdsong, you know, all of those things. We're the ones that aren't needed on the planet. So in terms of self interest, that's another very good reason why we need to support whatever we can to, you know, to deal with climate change..."

Conclusion

The transition to a post-carbon economy has potential to reduce or to increase hunger and hardship in the UK depending on the policy decisions taken now and in the future. We call on decision makers to ensure a fair and just transition, with equitable distribution of benefits and costs of environmental action that ends the need for food banks.

Fig 2: Environmental issues with the potential to increase or reduce hunger and hardship in the UK





Unit 9, Ashfield Trading Estate,
Ashfield Road, Salisbury SP2 7HL

enquiries@trussell.org.uk

trussell.org.uk

Trussell is the operating name of The Trussell Trust a registered charity in England & Wales (1110522) and Scotland (SC044246).
Registered Limited Company in England & Wales (5434524).