

# Emergency food parcel distribution in the UK: April– September 2023



## Background

This factsheet reports on the number of emergency food parcels distributed by food banks in the Trussell Trust network during the period 1 April to 30 September 2023 inclusive. During this time period, food parcels were distributed from 1,585 locations across the UK, as part of the Trussell Trust network.<sup>1</sup>

It is important to recognise that data from food banks in the Trussell Trust network is just one part of the picture of need across the UK. There is a wide range of charitable food aid that will be supporting people that is not captured in this parcel data. There are also many people who are severely food insecure who do not receive support from food banks.<sup>2</sup>

## Key facts from the April-September 2023 statistics

### 1. Food banks in the Trussell Trust network have seen the highest levels of need for this period, even superseding the peak reached during the pandemic

Food banks in the Trussell Trust network distributed close to 1.5 million (1,496,847) emergency food parcels between 1 April to 30 September 2023. This is the most parcels that the network has ever distributed at this point in the year and represents a 16% increase from the same period in 2022.

This is also the first time that food banks in the Trussell Trust network have provided over half a million (543,635) parcels for children in this period, with record levels of need seen for both children and adults so far this year.

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*People who have been "managing" now not being able to manage. Those that regularly weren't managing before - needing to come more frequently.*

– Food bank in the Trussell Trust network<sup>3</sup>

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The increases seen so far this year are linked to the soaring cost of living for people across the UK and the fact that people's incomes (especially from social security) have failed to keep up with these costs. Consumer Price Inflation (CPI) started at 8.7% in April 2023 and has fallen slightly across the six month period to 6.7% in September. However, food inflation began at 19.1% in April and remained at 12.1% by September, and energy bills this Autumn will remain about 50% higher than

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<sup>1</sup> The locations that food banks distributed parcels from are not counted at a point in time. They are instead counted if they have distributed food parcels at any stage during the time period. Some will have opened, and some will have closed during this period. For reference there were 1,487 locations in the same period in the previous year.

<sup>2</sup> The Hunger in the UK research, produced by the Trussell Trust in partnership with Ipsos, reported that in the 12 months to mid-2022 one in seven (14%) people across the UK had experienced food insecurity, equating to an estimated 11.3 million people. However, more than two thirds (71%) of people experiencing food insecurity reported that they have not used any form of food aid in the last year. Hunger in the UK (2022), *The Trussell Trust*, <https://www.trusselltrust.org/what-we-do/research-advocacy/hunger-in-the-uk/>

<sup>3</sup> The research is based on an online survey by the Trussell Trust of 184 food banks in the Trussell Trust network across the UK. Fieldwork was undertaken from the 30<sup>th</sup> of August – 1<sup>st</sup> October 2023 and the survey was distributed through multiple methods across the Trussell Trust food bank network.

was the case in winter 2021/22. While it is welcome that inflation is slowing, the continued high inflation in the cost of essentials, particularly food, continues to make it harder for families to make ends meet. Food banks in the Trussell Trust network provided more support to people facing financial hardship in August and September than ever before for those months.

We are hearing multiple examples of food banks placing temporary limits on the number of referrals a person can access, in order to manage the food bank’s resources and capacity at a time of unprecedented need. The Trussell Trust are doing all we can to support food banks through this, as they strive to respond as fully as they can to the need in front of them. We therefore know that the data reported for this period is likely to be only the tip of the iceberg of actual need in communities.

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*“I am concerned about the increased demands that we will have placed on us over the next six months. We have seen significantly more people needing to use our food bank over the summer than in previous years, and I expect this to continue over the winter...I’m worried.”*

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#### Food bank in the Trussell Trust network<sup>4</sup>

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The rising cost of living has pushed figures even higher this year, but the scale of need seen in the first half of this year reflects the significant year on year growth we have seen in the last five years and beyond. If we look back longer term, the record level of need seen so far this year is more than double (116%) the number of parcels distributed by food banks in the Trussell Trust network compared to the same period five years ago in 2018. This significant growth in need is higher for children, with the number of parcels provided for them increasing by 121% over the five-year period between 2018 and 2023.

These levels of need are part of a longer-term trend which pre-dates the cost of living crisis, and even the COVID-19 pandemic. While these two events have had a major impact on food bank need, they are not the main cause. Rather, they have exposed and exacerbated a longer-term crisis: that of a weakened social security system that is unable to protect people from the most severe forms of hardship, forcing more people to the doors of food banks.

**Table 1: Percentage change in number of parcels distributed in the Trussell Trust network by nation and region 2018 – 2023**

Nations and Regions	Increase from last year (2022)	Increase from first year of pandemic (2020)	Increase from five years ago (2018)
<b>United Kingdom</b>	16%	17%	116%
<b>England</b>	16%	17%	132%
<b>Scotland</b>	9%	14%	39%
<b>Wales</b>	15%	24%	77%
<b>Northern Ireland</b>	23%	21%	176%

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<sup>4</sup> IBID

## 2. Families with children continue to be most likely to need support from food banks

In total food banks supported almost 300,000 families with emergency food in the first six months of this year, including over 708,000 individual people.<sup>5</sup> This included 121,000 families with children, and a total of 265,000 children - a 47% increase since 2021.

Families with children were significantly over-represented among those who had to turn to food banks. Four in ten (41%) of the families supported by food banks included children, whilst they make up only 29% of the UK population. Overall, nearly two thirds (65%) of all the parcels provided by food banks go to families with children.

Families with three or more children are especially likely to face severe hardship. Shockingly, 46% of all food parcels provided by food banks go to families with three or more children. In the first six months of this year 684,000 emergency food parcels were provided for families with three or more children.

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*“We have had an increasing number of families coming from schools and support services especially over the summer.”*

– Food bank in the Trussell Trust network<sup>6</sup>

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Poverty rates among pensioners are far lower than is the case for the working age population, reflected in the small proportion (6%) of the support provided by food banks for households with someone of pension age (65+). However, in the last six months over 91,000 parcels were provided for these households, a 36% increase from the previous year (compared to an average increase of 16%) and more than twice the rate of increase for households without someone of pension age (15%). This suggests that the increase in poverty among pensioner households in recent years may be starting to lead to rises in severe hardship, with an increase in people of pension age being forced to turn to food banks.

## 3. People most commonly need support from a food bank because their income is insufficient to meet the cost of essentials

The majority (72%) of people referred to food banks have incomes that leave them unable to afford the cost of essentials or which drive them into unmanageable debt. This has been clear in our operational data for many years. It was also reflected in our landmark Hunger in the UK research published earlier this year, which found that the vast majority of people referred to food banks were destitute, meaning they had an income so low that they couldn't afford essential items.<sup>7</sup>

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<sup>5</sup> At the Trussell Trust we define any household as a family, this means that when we talk about families they could be individuals living alone, single parents, or multi-generational households.

<sup>6</sup> The research is based on an online survey by the Trussell Trust of 184 food banks in the Trussell Trust network across the UK. Fieldwork was undertaken from the 30<sup>th</sup> of August – 1<sup>st</sup> October 2023 and the survey was distributed through multiple methods across the Trussell Trust food bank network.

<sup>7</sup> Hunger in the UK (2022), *The Trussell Trust*, <https://www.trusselltrust.org/what-we-do/research-advocacy/hunger-in-the-uk/>

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*“We are seeing an increasing number of people struggling with debt. Benefits are failing to meet the basic cost of living and there are less financial help options available to help people, so underlying issues are taking longer to address.”*

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– Food bank in the Trussell Trust network<sup>8</sup>

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Problems with health are reported in one in four (24%) referrals to food banks - with health conditions driving up costs for households and making it difficult to find or sustain employment. Our recent research found that the design of the disability benefits system was putting disabled people in impossible situations and too often leaving them with too little income to cover the essentials.<sup>9</sup> The majority (69%) of people referred to food banks are disabled.<sup>10</sup>

Issues with benefits such as long waits, delays, or sanctions affect a significant minority of referrals to food banks (19%). This is illustrative of significant problems with the design and delivery of the social security system which far too often leaves people waiting for payments and unable to afford essentials whilst they wait.

**Table 2: Reasons for referral for people supported by food banks in the Trussell Trust network.**

Reason for referral	% of people referred
Income or debt	72%
Health	24%
Issue with benefits	19%
Housing	7%
Change in personal circumstances	6%
Immigration status	5%
Domestic abuse	3%
None Applicable	4%

*This data was multiple choice – referral partners could select up to four responses. Data has been recoded to reduce categories.*

The vital role of the social security system in driving these trends is clear from the fact that the majority (78%) of people referred to food banks are reported to solely have income from the social security system, with a further 8% having earned income as well as income from social security.

A minority (10%) have no income at all or do not have sufficient access to any income.

**Table 3: Source of income for people referred to food banks in the Trussell Trust network.**

Source of income	% of referrals
Benefits, not earning	78%
Earnings and benefits	8%
Earning, no benefits	4%
No income or insufficient access to it	10%

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<sup>8</sup> The research is based on an online survey by the Trussell Trust of 184 food banks in the Trussell Trust network across the UK. Fieldwork was undertaken from the 30<sup>th</sup> of August – 1<sup>st</sup> October 2023 and the survey was distributed through multiple methods across the Trussell Trust food bank network.

<sup>9</sup> Biggs H, Wildman J, Hamid A and MacGregor A (Scottish Centre for Social Research). *Disability and financial hardship: How disability benefits contribute to the need for food banks in the UK*. The Trussell Trust, 2023. Available at: <https://www.trusselltrust.org/wp-content/uploads/sites/2/2023/10/Disability-Benefits-Research-Report.pdf>

<sup>10</sup> Hunger in the UK (2022), *The Trussell Trust*, <https://www.trusselltrust.org/what-we-do/research-advocacy/hunger-in-the-uk/>

#### 4. The Cost of Living Payments in April and June appear to have offered some short-term respite for people on low incomes, however levels of need quickly increased again

In the first six months of this year the UK government provided two Cost of Living Payments to people. This included a £301 payment in April to all people in receipt of means tested benefits. The second payment was £150 and was for disabled people in receipt of qualifying disability benefits. Our data shows that at the time each of these Cost of Living Payments were distributed, there was a short-term reduction in need at food banks in the Trussell Trust network.

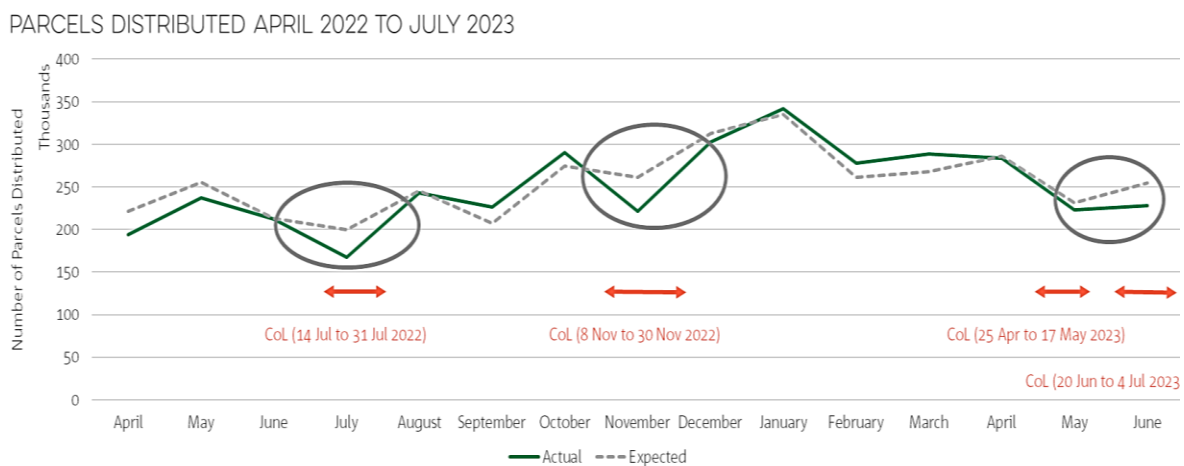
*“Cost of living payments have reduced people referred to the food bank. We noticed a reduction in referrals at the time of each payment being made.”*

– Food bank in the Trussell Trust network<sup>11</sup>

During the period when the first £301 Cost of Living payment was paid out (25th April – 17th May)<sup>12</sup>, food banks in our network distributed 52,000 parcels on average per week to people facing financial hardship – lower than any other period between April and September 2023. This represented a 16% decrease from the three previous weeks when 62,000 parcels were distributed on average per week. Over the previous two years food banks had experienced a small (1%) increase in this period – indicating that this change was most likely due to the Cost of Living payment and not a seasonal effect.

This respite was short-lived, however, lasting only between one and three weeks. The number of parcels distributed increased again by 6% to 55,000 in the two weeks after it was distributed and went up to 60,000 in the two weeks after that.

**Figure 1: Parcels distributed April 2022 – July 2023**



<sup>11</sup> The research is based on an online survey by the Trussell Trust of 184 food banks in the Trussell Trust network across the UK. Fieldwork was undertaken from the 30<sup>th</sup> of August – 1<sup>st</sup> October 2023 and the survey was distributed through multiple methods across the Trussell Trust food bank network.

<sup>12</sup> These have been best matched to the weeks of the 24<sup>th</sup> April – 21<sup>st</sup> May to allow for analysis across years based on weeks.

In August we carried out a survey with YouGov of people receiving Universal Credit, which painted a similar picture.<sup>13</sup> It is clear that the payment had some positive impact in the short-term for people receiving it, with a third (32%) of people stating it had prevented them from falling into arrears on bills and over a third (35%) stating it had prevented them from needing to borrow money to get buy.

However, the majority of people (73%) who received the Cost of Living Payment in Spring 2023 reported that the payment had made just a little or no difference to improving their current financial situation when surveyed in August. Further, for just under two thirds of people (62%) the payment made just a little or no difference to their current ability to afford essentials.

**Table 4: Impact of the Cost of Living Payment Spring 2023**

Question	A great deal/A fair amount	Just a little/Not at all
Improved current financial situation	25%	73%
Prevented you from falling into arrears on bills	32%	63%
Prevented from needing to borrow money to get buy	35%	58%
Improved current ability to afford essentials	35%	62%

Four in five (80%) people who had received the Cost of Living payment in Spring 2023 said they had already spent all of it when surveyed in August 2023. The limitations of a flat payment for different households were also highlighted with the rate even higher for households with children (84%), and higher still for households with three or more children (89%). It was also higher for people with deductions taken from their Universal Credit payment (87%).

When asked how they had spent the payment, people most commonly said it had been spent on covering the cost of essential items. Almost two thirds (62%) of people stated that they had bought food with the payment, over a third (37%) to buy basic toiletries such as soap, shampoo, toothbrush, toothpaste or sanitary items, and a third (33%) had used the money to heat their home.

Many (40%) also used the money to pay off existing debts and arrears on bills. We know many people have accumulated debt and arrears in between the Cost of Living Payments, our survey found 40% of people claiming Universal Credit in August had fallen into debt in the last three months because they couldn't keep up with essential bills – an increase from 34% in the previous year. These levels of debt and the money spent on paying them off may have limited the overall impact of the payments on reducing the need for food banks and highlights a limitation of one-off payments in supporting households' financial situation when their regular income is so far below what they need to cover essentials and avoid debt.

The second Cost of Living payment was distributed to disabled people with qualifying benefits from 20th June to the 4th July.<sup>14</sup> During this period food banks distributed 54,000 parcels per week on average – lower than the previous two weeks (60,200), which represented a 10% decrease in comparison to those previous weeks. Over the last two years food banks have normally seen a slight decrease (-3%) during this period.

<sup>13</sup> Polling undertaken by YouGov Plc. The total sample size was 2,017 adults (16+) currently claiming Universal Credit. Fieldwork was undertaken 11 August – 5 September 2023. The figures have been weighted and are representative of all UK adults claiming Universal Credit.

<sup>14</sup> These have been best matched to the period 19<sup>th</sup> June – 2<sup>nd</sup> July to allow for comparisons between years.

The limited impact of this second payment on the need for food banks (despite the fact that 75% of those referred to food banks are disabled themselves or live with someone who is)<sup>15</sup> may be in part connected to the difficulties many people have in accessing disability benefits.

Our evidence suggests a significant underclaiming of benefits related to disability, meaning many disabled people would have missed out on this much needed additional support. The majority (62%) of people from disabled households referred to food banks in the Trussell Trust network are not receiving any benefits specifically related to their disability.<sup>16</sup>

The low level of this payment to disabled people is also likely to have limited its impact. This is particularly the case since many people find that disability benefits are not sufficient to cover the costs of their disability, and others have to use their disability benefits to cover costs like rent, or food because the overall level of social security payments is too low.<sup>17</sup> It is therefore likely that disabled people who received the payment had to use it to cover the shortfalls in their existing benefits rather than being able to cover the higher costs they were facing.

## 5. Almost 320,000 people were forced to use a food bank for the first time in the last six months

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*“The general cost of living has caused people from all walks of life to have to use our services as nobody’s money goes as far.”*

*“People in work struggling with the cost of living has meant more people are coming forward for help.”*

*“The cost of living which has propelled many first time users into getting help with food.”*

– Food banks in the Trussell Trust network<sup>18</sup>

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Over the last six months, almost 145,000 families<sup>19</sup> have been forced to turn to food banks in the Trussell Trust network for the first time, including nearly 320,000 people. This represents a 5% increase on the number of families having to turn to food banks for the first time in the same period last year. However, it is a 52% increase in the number of families using a food bank in the network for the first time compared to the same period in 2021.<sup>20</sup>

This reflects the long-term rise in levels of deep poverty, compounded by increasing numbers of people experiencing financial hardship due to the cost of living crisis. The latest study on destitution (the most severe form of hardship) by the Joseph Rowntree Foundation (JRF) finds that destitution)

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<sup>15</sup> Hunger in the UK (2022), *The Trussell Trust*, <https://www.trusselltrust.org/what-we-do/research-advocacy/hunger-in-the-uk/>

<sup>16</sup> Hunger in the UK (2022), *The Trussell Trust*, <https://www.trusselltrust.org/what-we-do/research-advocacy/hunger-in-the-uk/>

<sup>17</sup> Biggs H, Wildman J, Hamid A and MacGregor A (Scottish Centre for Social Research). *Disability and financial hardship: How disability benefits contribute to the need for food banks in the UK*. The Trussell Trust, 2023. Available at: <https://www.trusselltrust.org/wp-content/uploads/sites/2/2023/10/Disability-Benefits-Research-Report.pdf>

<sup>18</sup> The research is based on an online survey by the Trussell Trust of 184 food banks in the Trussell Trust network across the UK. Fieldwork was undertaken from the 30<sup>th</sup> of August – 1<sup>st</sup> October 2023 and the survey was distributed through multiple methods across the Trussell Trust food bank network.

<sup>19</sup> At the Trussell Trust we define any household as a family, this means that when we talk about families they could be individuals living alone, single parents, or multi-generational households.

<sup>20</sup> In 2021 95,000 families were forced to turn to a food bank for the first time, these families included 222,600 people.

was intensifying in the UK in the years running up to the pandemic, with the Covid-19 pandemic and the cost-of-living crisis then compounding existing problems linked to a decade of cuts and freezes to social security. In 2022, approximately 3.8 million people experienced destitution in the UK, including around one million children. This is a 61% increase since 2019, and an increase of almost two-and-a-half-times (148%) compared to 2017.<sup>21</sup>

## 6. Increases seen across Northern Ireland, Scotland and Wales since last year

Looking across England, Northern Ireland, Scotland, and Wales, all areas of the UK experienced an increase in the distribution of emergency food parcels during the first six months of this financial year, when compared to the same period last year. Northern Ireland experienced the largest percentage increase (23%), followed by England (16%), Wales (15%) and Scotland (9%). Looking over the last five years Northern Ireland has experienced the largest percentage increases in the distribution of emergency food parcels since the same period five years ago (176%) with Scotland seeing the smallest increase (39%).

**Table 5: Percentage change in number of parcels distributed in the Trussell Trust network by nation and region.**

Nations and Regions	Increase from last year (2022)	Increase from first year of pandemic (2020)	Increase from five years ago (2018)
<b>United Kingdom</b>	16%	17%	116%
<b>England</b>	16%	17%	132%
<b>Scotland</b>	9%	14%	39%
<b>Wales</b>	15%	24%	77%
<b>Northern Ireland</b>	23%	21%	176%

## 7. Food banks in most English regions are now distributing more than twice as much support as the same period five years ago

Increases in the total number of parcels distributed have been seen across all of the regions of England since the same period last year. Yorkshire and the Humber and London (both 30%) have seen the biggest percentage increases, while the East Midlands has seen the smallest increase (6%).

Food banks in all regions apart from London have distributed more parcels than ever before at this stage of the year. In London, food banks distributed a similar number of parcels to the previous record levels of need seen in that region during the height of the Covid-19 pandemic.

Looking back over the last five years, in most of the English regions food banks are now distributing over twice as much support as the same period five years ago. In London (187%) and Yorkshire and the Humber (175%) the rate of increase has been significantly higher. The North West has seen the smallest increase, but need was still 76% higher than was the case five years ago.

**Table 6: Percentage change in number of parcels distributed in the Trussell Trust network by English region.**

<sup>21</sup> Destitution in the UK 2023 (2023), *Joseph Rowntree Foundation*, <https://www.jrf.org.uk/report/destitution-uk-2023>



Nations and Regions	Increase from last year (2022)	Increase from first year of pandemic (2020)	Increase from five years ago (2018)
East Midlands	6%	22%	143%
East of England	17%	41%	150%
London	30%	0%	187%
North East	12%	16%	118%
North West	14%	9%	76%
South East	9%	10%	157%
South West	13%	14%	100%
West Midlands	12%	22%	115%
Yorkshire and the Humber	30%	53%	175%

## 8. Food banks are doing everything possible to keep providing desperately needed support for people in their communities

Food bank staff and volunteers are providing a critical service supporting their communities and have repeatedly adapted their operational practices to meet the level and nature of need for emergency food in their local areas.

Between April and September 2023, food banks, who historically have primarily relied upon donated food, had to spend an additional third as much on food as they did the previous year to meet the need they are seeing amongst people facing financial hardship. This follows on from the existing growth in purchasing food which was reported last year; when food banks were already spending twice as much as they did on food in 2021.<sup>22</sup> So far this year donations have remained at similar levels to the previous year – however, because of the significant growth in need for food banks they are having to purchase more food than ever before. Some food banks in the network, as seen in the below quote, are facing the twin pressures of increasing unaffordability of food when purchasing it and decreasing donations.

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*“With the lack of donations this means we are spending so much more money on items for the food bank...The cost of items are also extremely high and people who are on a low income just simply cannot afford to eat”*

– Food banks in the Trussell Trust network<sup>23</sup>

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Food banks in the Trussell Trust network provide additional support beyond emergency food provision to address the root causes of financial hardship in their communities. The vast and growing majority of food banks are offering, or signposting to, debt advice and benefits advice. These services work alongside people to support them to maximise their income and ensure that people are receiving the correct benefit entitlement and are supported with managing debt. Despite this

<sup>22</sup> The research is based on an online survey by the Trussell Trust of 184 food banks in the Trussell Trust network across the UK. Fieldwork was undertaken from the 30<sup>th</sup> of August – 1<sup>st</sup> October 2023 and the survey was distributed through multiple methods across the Trussell Trust food bank network.

<sup>23</sup> IBID

work across the food bank network to maximise people's incomes, food banks continue to report that people across their communities do not have enough to afford the essentials, with the cost of living crisis most commonly mentioned as having the biggest impact on the number of people referred to their food bank.

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When asked about main obstacles to their food bank making progress in the coming year: *"Income maximization not achieving sufficient gains to overcome cost of living increase."*

– Food banks in the Trussell Trust network<sup>24</sup>

*"Another knock on rise is people claiming that their issues are impacting their mental health. [Sometimes] this is recorded on their vouchers, but often not."*

When asked what factor, if any, has had the biggest impact on the number of people referred to your food bank in the last 6 months (since April 2023): *"Cost of living and ongoing impact of long term physical or mental health condition."*

– Food banks in the Trussell Trust network<sup>25</sup>

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Food banks continue to express grave concern about the levels of need and hardship across the communities that they are supporting. Both staff and volunteers continue to adapt, develop, and negotiate the challenges that have been thrown at their organisations over the last few years. With resilience, strength and heart they continue to strive to support all people in need but there are fears that the long-term problem of social security payments being too low to cover essentials, plus the ongoing cost of living crisis, and the coming winter will push some food banks to their limit and they may not be able to meet all of the need in their communities.

## **9. People across the UK are united in belief that food banks should not be needed in the UK**

Food banks are stepping in to support people who can't afford to buy food, and other essentials for themselves. However, food banks are neither the right nor sustainable response to people going without essentials because their incomes are too low.

The Trussell Trust's long-term goal to end the need for food banks is one that has the support of the public. Polling by YouGov on behalf of the Trussell Trust suggests that the public are increasingly concerned with issues related to poverty and hunger in the UK and the majority (79%) think that food banks should not be needed in the UK.<sup>26</sup>

This level has increased over time, with more people agreeing that food banks should not exist in a modern society this year (78%) compared to last year (74%).

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<sup>24</sup> IBID

<sup>25</sup> IBID

<sup>26</sup> Polling undertaken by YouGov Plc. The total sample size was 5,393 adults. Fieldwork was undertaken between 5th and 19th of July 2023. The survey was carried out online. The figures have been weighted and are representative of all UK adults.

When it comes to how poverty and hunger can be solved in the UK, the vast majority (84%) of the UK public believe ensuring everyone has enough money for basic needs should be a high priority for the UK Government and that more action needs to be taken to better protect people from being unable to afford the essentials (78%).

### What this means for policy

We welcome the action taken by the UK Government during the last two years to help mitigate the impact of the cost of living crisis, particularly the decision last Autumn to uprate benefits with inflation and the provision of Cost of Living Payments. However, our data shows that these steps have not been sufficient to protect people on the lowest incomes from severe and damaging hardship.

In particular, the limitations of what can be achieved through one-off cost of living payments are now clear. We know people are using these payments to buy essentials, including food, and to pay bills or reduce debts and our evidence shows the powerful impact of increasing people's incomes on reducing the need for food banks. However, we have seen that one off, flat payments are not a sufficient solution when people's regular monthly incomes are just too low to meet essential costs.

Rising hunger and hardship have devastating consequences for individuals, damage the nation's health and holds back our economy. People in work, as well as people who cannot work, are increasingly being pushed into debt and forced to turn to a food bank to survive. That's why the UK Government must build on its work to protect people from increasingly severe hardship with a clear plan in this year's Autumn Statement to ensure everyone can afford the essentials, not just for a few weeks of the year, but all year round.

The UK Government should commit to putting an Essentials Guarantee into legislation, to embed in our social security system the widely supported principle that, at a minimum, Universal Credit should protect people from going without essentials. An Essentials Guarantee would embed for the first time a protected, minimum level of support based on an objective assessment of essential costs, directly addressing material hardship. The proposal is widely supported by the public and over 100 leading charities and health organisations.

Given the severity of the crisis we are seeing across the UK, we are also calling on the UK Government to take the following urgent steps in the Autumn Statement:

**Confirming benefits will rise in line with inflation next April** - A real-terms cut to benefits would pull people into even deeper debt and hardship and must be avoided.

**Reducing the burden of debt deductions** - 57% of people referred to Trussell Trust food banks in receipt of UC have money automatically deducted from their UC payment to repay debts owed.<sup>27</sup> These deductions are usually made to repay a DWP advance or overpayment and there is no requirement on the government to check whether the repayments are affordable. There is stark evidence that deductions drive severe hardship and an urgent case for reducing the total amount that can be taken from someone's benefit income each month.

**Uprating Local Housing Allowance (LHA) in line with rents** - Increasing rental prices during the cost of living crisis have deepened an existing affordability crisis, pushing many households into serious hardship. The growing gap between rents and LHA has fuelled homelessness and hunger, with

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<sup>27</sup> Hunger in the UK (2022), *The Trussell Trust*, <https://www.trusselltrust.org/what-we-do/research-advocacy/hunger-in-the-uk/>

households having to use income intended for food and other essentials in an attempt to avoid eviction.

**Continued investment in the Household Support Fund** - The current model of discretionary local crisis support in England too rarely delivers effective and dignified support to people to prevent unexpected costs spiralling towards long-term hardship. We believe the Household Support Fund offers the chance to build a better system of local support, but action is needed before the deadline for its closure at the end of March next year.

**Scrap planned reforms to the Work Capability Assessment** which risk reducing the limited safeguards disabled people currently have. As a society we should be providing dignified support for disabled people and people with health conditions. We believe the aim of supporting more disabled people to work when they are able to is right, but we do not believe that the proposed reforms to the WCA will achieve this goal, and we are concerned that they will lead to even higher levels of severe hardship and destitution. Evidence shows that living on extremely low levels of income worsens people's health and makes it harder to take up new opportunities, and that using punitive financial sanctions that drive destitution is not an effective way of driving effective long-term engagement.

This will be the busiest winter ever at food banks, but next winter does not have to be more of the same. We know the factors which force people to the doors of food banks, so we know what needs to change so everyone can afford the essentials. The building blocks to a better future must include a reformed social security system; the opportunity for all who are able to work to have decent, secure and rewarding work; and dignified and accessible support for disabled people and people with health conditions. We need all levels of government to act together with employers, businesses, people who've needed a food bank, individuals and communities to put the right systems, policies and practices in place to end hunger in the UK.