

As poverty levels increase, #CashFirst is common sense.

When it comes to getting food, most of us will choose and buy what we need.



If we can't afford to buy food, we're faced with a far more difficult journey.



First, many of us will put off trying to seek help

Stigma can mean people have not eaten for some time before they eventually find help.

and then there's the journey to the food bank

People may need to walk long distances or spend money to get to a food bank (if they don't deliver). Food banks are only open at specific times.

to repeat the cycle again

If household income is not increased, the cycle is likely to repeat. Sometimes there is also a limit on the number of food bank visits allowed.

you may need to get a referral from a local agency

Many food banks work on a referral only basis and it can be hard to get appointments.

to receive a parcel of food chosen by someone else

Many food banks work hard to offer choices, but this depends on what food is available.

For food bank teams, sourcing food is complex and challenging.

This parcel is made up of donated and surplus food

Food supply can be inconsistent and is dependent on donations and availability. Many food banks will also purchase food.

transported by volunteers

Food is often picked up by volunteers in their own vehicles. Surplus food may not be usable meaning food banks teams then have to dispose this waste.

sorted and packed in the food bank

Donated food is collected, checked for safety and quality, sorted, stored, packed and sometimes transported again before distribution.

to repeat the cycle again

Collectively, food bank teams are distributing food on an industrial scale. Unless lack of income is addressed, the cycle will repeat.



Food parcels can't solve poverty, but raising incomes can.

A #CashFirst approach would mean everyone could afford and choose their own food with dignity.

