

WHAT IS THE SCALE OF HUNGER IN THE UK?

ONE IN SEVEN (14%) people across the UK faced hunger from mid 2021-mid 2022.

This translates to an estimated **11.3 MILLION PEOPLE**



One in fourteen (7%) of the UK population received charitable food support.



This is just the tip of the iceberg as most people facing hunger had not reached out for charitable food support.

WHO IS FACING HUNGER?

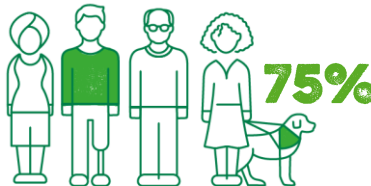
There is no 'typical' person who faces hunger or is forced to use a food bank. However, some groups are significantly overrepresented in the proportions experiencing food insecurity and needing to use food banks.

Homelessness



1/3 of people referred to food banks in the Trussell Trust network are currently or have been homeless in the last 12 months, compared to just **1/25** of the UK adult population

Disabled people



75%
3/4 people referred to food banks in the Trussell Trust network say that they or a member of their household are disabled compared to **1/3** of the UK adult population

Working age and living alone



45%

Nearly half of working age people referred to food banks in the Trussell Trust network are living alone compared to **1/10** of the UK adult population

Ethnic minority backgrounds

1/4 of people from an ethnic minority group are facing hunger, **ALMOST TWICE THE RATE** for white people



Households with children

1/4 of households with dependent children face hunger compared to **1/10** of people without.



Nearly **1/2** of single adults living with children face hunger

Unpaid carers

Nearly **1/4** of unpaid carers face hunger, **TWICE THE RATE** of people who do not have caring responsibilities



HUNGER IN THE UK ISN'T ABOUT A LACK OF FOOD, IT'S ABOUT A LACK OF INCOME.

Just as there is no 'typical' person who is forced to use a food bank, there is also no single or simple journey that leads them there. However, insufficient income is the fundamental driver for almost all people forced to use a food bank. This is caused by problems in the design and delivery of the social security system, compounded by inaccessible, unstable and poorly paid jobs.

There are difficulties accessing and claiming social security payments quickly and consistently



For example, 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.

Benefit levels are too low to cover the essentials



The majority (**70%**) of people referred to food banks in the Trussell Trust network are in receipt of Universal Credit. Yet, the 'standard allowance' provided by Universal Credit is at least **£35** per week beneath the amount needed to afford essentials for a single adult.

Income from benefits is often further reduced by caps or deductions



The majority (**62%**) of people referred to food banks have had their benefit payments reduced further by benefit deductions and caps.

Most people would like to work but face difficulty accessing jobs, especially disabled people and carers, and parents who can't find affordable childcare.



74% of disabled people referred to a food bank in the Trussell Trust network who are out of work, said that their health condition or caring responsibilities mean that they cannot work.

ONE IN FIVE PEOPLE forced to turn to food banks in the Trussell Trust network are in a **WORKING HOUSEHOLD**.



30% of people in work who have had to use a food bank, are in **INSECURE WORK** such as zero hours contracts or agency work.

THE EXPERIENCE OF HUNGER

The overwhelming majority of people at food banks have been forced to seek help as a last resort having exhausted all other avenues. They are likely to have accumulated multiple forms of debt, run down whatever limited savings they may have had and exhausted all options from family and friends. This can feel like a spiral which is impossible to escape.

Looking deeper at the experiences of people referred to food banks in the Trussell Trust network, we find that:

NINE IN TEN have no savings

2/3 have more than three types of debt

They are **FOUR TIMES AS LIKELY** to have borrowed money from family and friends than the average across the UK.

TWO IN THREE experienced one or more adverse life experiences in the past year, such as domestic violence, bereavement, becoming ill, or eviction, which can compound financial hardship.

ONE IN FOUR people are experiencing severe social isolation, and are in contact with relatives, friends or neighbours less than once a month or even less.

ONE IN SIX have no access to the internet at all and less than half (42%) are connected in their homes.

ALMOST HALF say they had not received other advice before accessing emergency food support.

