

## Longer-term food options



### **Our foodbanks can only provide short-term, emergency support.**

Going forward, there may be other options in your area where you can shop at significantly reduced prices or pick up items for free.

Here are some suggestions for you to try.

### **Food Pantries | Food Clubs and Hubs | Mobile Food Pantries**

You don't need a referral to join these. If you're eligible, you can join for as long as you want and visit every week or just occasionally. You'll pay a small subscription of a few pounds per week. In return you can choose a number of grocery items (at least 10) worth much more and make significant savings on your weekly shop.

They stock a wide range of food, including fresh fruit and veg, frozen and chilled food, meat and dairy products plus long-life tinned and packaged food.

Use the online map on the Feeding Liverpool website to find your nearest provider and to check if you're eligible to join.

 [feedingliverpool.org/community-food-spaces/map](https://feedingliverpool.org/community-food-spaces/map)

### **Community Food Shops and Markets**


Here you'll find a range of good quality surplus food, drink and household goods at deeply discounted prices. You can choose your own items, fill up your basket and pay at the till. Some outlets may charge a small membership fee.

Use the online map on the Feeding Liverpool website to find your nearest store, check their opening times and see if you're eligible to shop there.

 [feedingliverpool.org/community-food-spaces/map](https://feedingliverpool.org/community-food-spaces/map)

### **Queen of Greens Bus**

The bus brings affordable fresh fruit and vegetables to communities across Liverpool and Knowsley. It visits over 25 stops each week - including schools, health and community centres - providing people with better opportunities to shop for nutritious food closer to their home or workplace.

 [feedingliverpool.org/community-food-spaces/queen-of-greens-bus-stop-map](https://feedingliverpool.org/community-food-spaces/queen-of-greens-bus-stop-map)

### **Independent Foodbanks**

There are a number of independent foodbanks operating in Liverpool. Use the online map on the Feeding Liverpool website to find your nearest foodbank and to see if you're eligible to use it.

 [feedingliverpool.org/community-food-spaces/map](https://feedingliverpool.org/community-food-spaces/map)

## **Community Gardens**

These enable you to get involved in planting, growing, harvesting and eating different types of fruit and veg. They also offer companionship and a place to learn new skills. Use the online map on the Feeding Liverpool website to find your nearest garden and how to get involved.

 [feedingliverpool.org/community-food-spaces/map](https://feedingliverpool.org/community-food-spaces/map)

## **Live Well Directory**

An online directory of care and support services, including food provision. Using a simple search, you can find local services offering help with food and practical support.

 [thelivewelldirectory.com](https://thelivewelldirectory.com)

## **Liverpool Zero Waste Community**

Volunteers redistribute surplus food from supermarkets to the local community. You'll need to follow them on Facebook and register your interest.

## **Healthy Start**

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. The card will be topped up every 4 weeks. Find out more and apply via their website.

 [healthystart.nhs.uk](https://healthystart.nhs.uk)



## **Longer-term food options for you**

If possible, the foodbank volunteer you've seen today will complete this section with you. They'll help provide details of your nearest food option(s). It's then down to you to make contact with them to find out more and register your interest.

**1.**

**2.**

**3.**