

How to get a food bank voucher

Our food bank works using a voucher referral system. You'll need to obtain a voucher before we can issue you with any emergency food. Vouchers can be issued by a number of different agencies.

Listed below are the agencies we recommend you contact to explain your situation and request a foodbank voucher.


Your housing association

If you live in a housing association property, contact your housing officer or welfare support team

Your existing support network


If you already have links with a support agency, please contact them direct e.g. social services, community mental health team, debt support agency, children's centre, homeless / addiction team

Help Through Hardship

 0808 208 2138


 trusselltrust.org/get-help/help-through-hardship-helpline


Citizens Advice

 0808 278 7840 or 0800 144 8848

 citizensadvice.liverpool.org.uk

Liverpool Citizens Support Scheme

 0800 456 1523 or 0151 233 3053

 liverpool.gov.uk/benefits/help-in-a-crisis/liverpool-citizens-support-scheme