



Community support for families and children in food poverty

Reg charity no 1198241



Family Food Action

FFA is a volunteer run Bristol charity.

FFA provides the collection and distribution of food and other vital supplies to community partners in North and Central Bristol.

The partners use the food for cooking meals or sharing donations with families in need in their areas.

Some shocking facts about feeding families in England

Poverty in the UK

- Income inequality increased dramatically in the 1980s and disparities have remained stable since then
- **1.9 million** children (**13%**) are now growing up in 'deep material poverty'¹ in the UK
- 7 out of 10 children living in poverty have at least one parent in paid work



¹ e.g. Household unable to pay bills without cutting back on essentials

Sources: [DWP Households below average income 2026](#) & [House of commons library 2026](#)

Food poverty in the UK...

- **14% of children** live in a 'food insecure'¹ household
- **6.6% of children** lived in a household that accessed a food bank in the last 12 months
- Larger families are more likely to experience food insecurity
(because cost-of-living support payment is at a flat rate per family).



¹ e.g. Food quality reduced or eating patterns disrupted in last month

Sources: [DWP Households below average income 2026](#)

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Impacts of hygiene poverty on children

Teachers and health professionals report increased '**hygiene poverty**' :

dirty clothes, dirty hair, unbrushed teeth

- which leads to **poor health** and **low self-esteem** and **isolation** by other children
- leading to **poor mental health** and **absenteeism**

Lack of sanitary products

- girls stay away from school

Bristol food poverty and areas of social deprivation

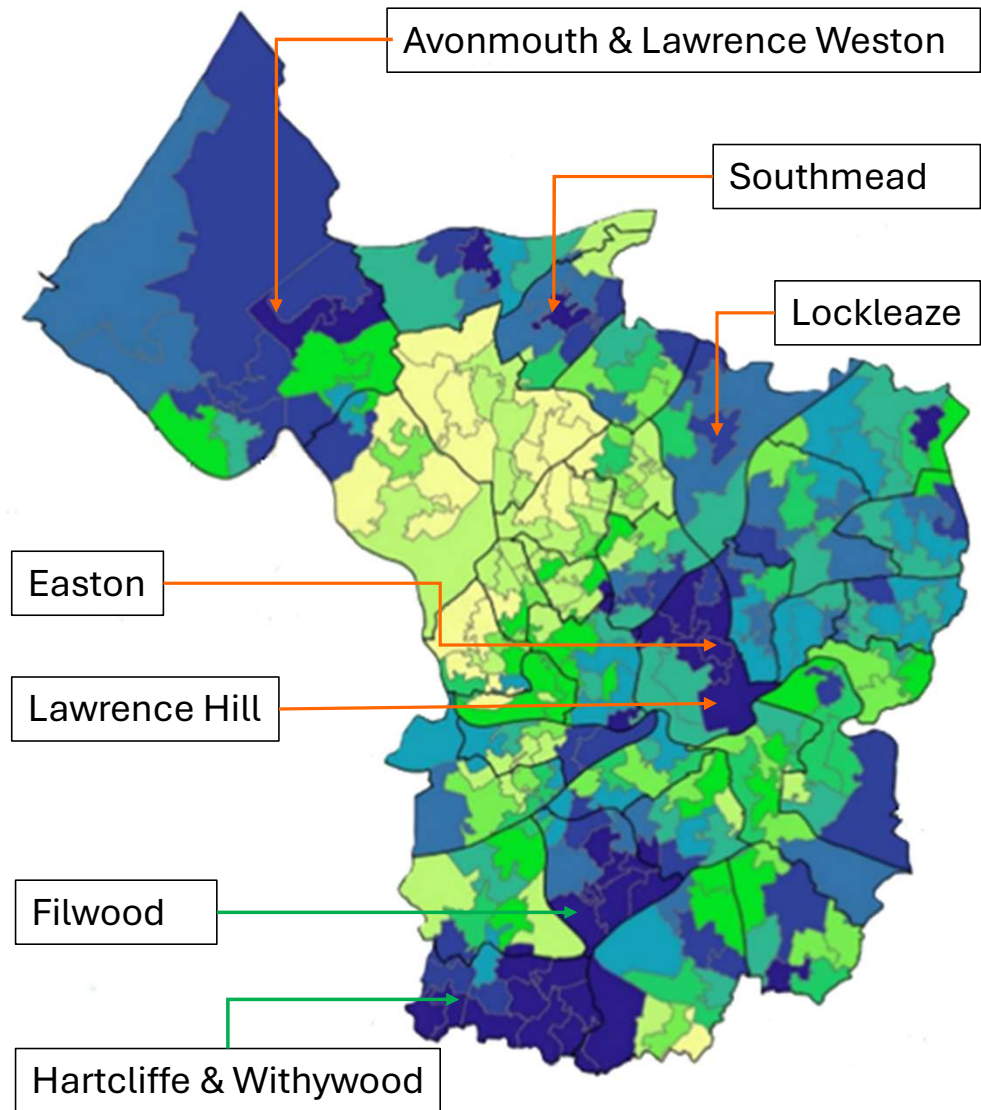
Bristol Key Facts about Deprivation

- Bristol has 30 neighbourhoods in the most deprived 10% in England
- **53,100** (11%) of Bristol residents, including **13,500 children**, live in the 10% most deprived areas in England
- Areas of deprivation in Bristol are unusually highly clustered together

Source: [BCC Deprivation in Bristol 2025](#)

Deprivation map of Bristol

Source: [BCC Deprivation in Bristol 2025](#)



Food poverty in Bristol

- Bristol has highest level of food poverty in southwest
- **15,800 (8%) of Bristol households** report moderate to severe 'food insecurity' in the last 12 months
- This increases to **21%** of households in Lawrence Hill
- **18,355 (31%)** of school children in the city qualify for free school meals
- Free school meal eligibility
 - household income < £7400 before benefits and after tax.
 - From Sept 2026 expanded to all households on universal credit



Sources: [Bristol JSNA 2025/26](#) and [DfE 2025](#)

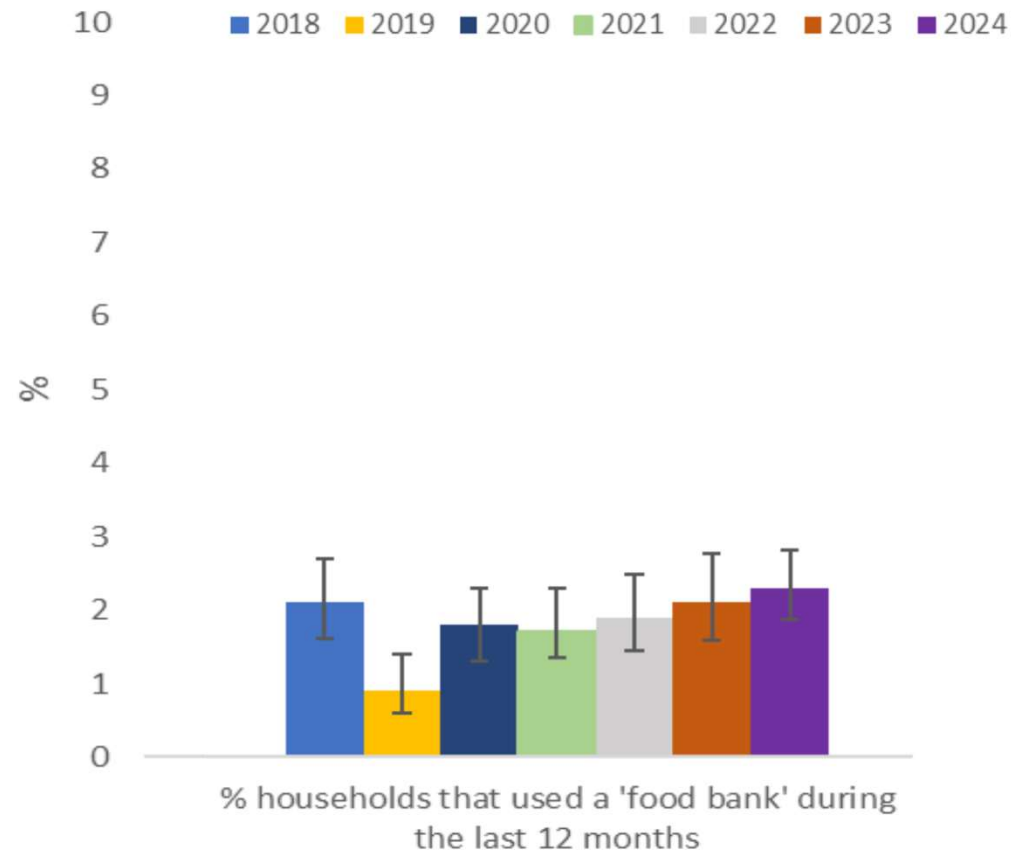
Who is more likely to report moderate / severe food insecurity in Bristol?

1. **Single parents: 29.4%**
2. **Disabled people: 22.9%**
3. **Younger people (16-24): 14.6%**
4. **Black & minority ethnic groups: 12.3%**



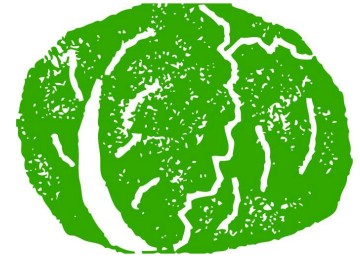
Source: [Bristol JSNA 2025/26](#)

Recent trends in self-reported 'food bank' use in Bristol



Source: [Bristol JSNA 2025/26](#)

Access to
fresh food
for people
in areas of
deprivation



‘Food deserts’ in areas where
food poverty is highest

Supermarket chains not willing to
locate in areas of **low density**

Relatively more **fast-food outlets**
in areas of deprivation

FFA became a charity in 2022

- Identified new partners after schools re-opened
- Relocated to a new larger sorting hub at the Ardagh
- Grew the pool of volunteers to approx 90
- Increased financial income

Food club or food bank?

Food Club

A family can apply to join the local food club, usually for a nominal £1, and they are then given access to the weekly food clubs where they can purchase a bag of food for a reduced price.

Food Bank

To get food from a Food Bank, you need to be referred. You will be eligible for 3 days of emergency food at your nearest food bank centre and you are given a voucher to exchange for this food. You can receive up to 3 vouchers at any time.

FFA model



We support initiatives that provide dignity for families. We choose our partners carefully to make sure that families can access ongoing additional support.



We are volunteer-run to minimize overheads and maximize the value of every donation received.



We understand and respond to the needs of local communities in North and Central Bristol with high levels of food poverty.



We focus not just on access to food but access to nutritious fresh food, including culturally appropriate items.



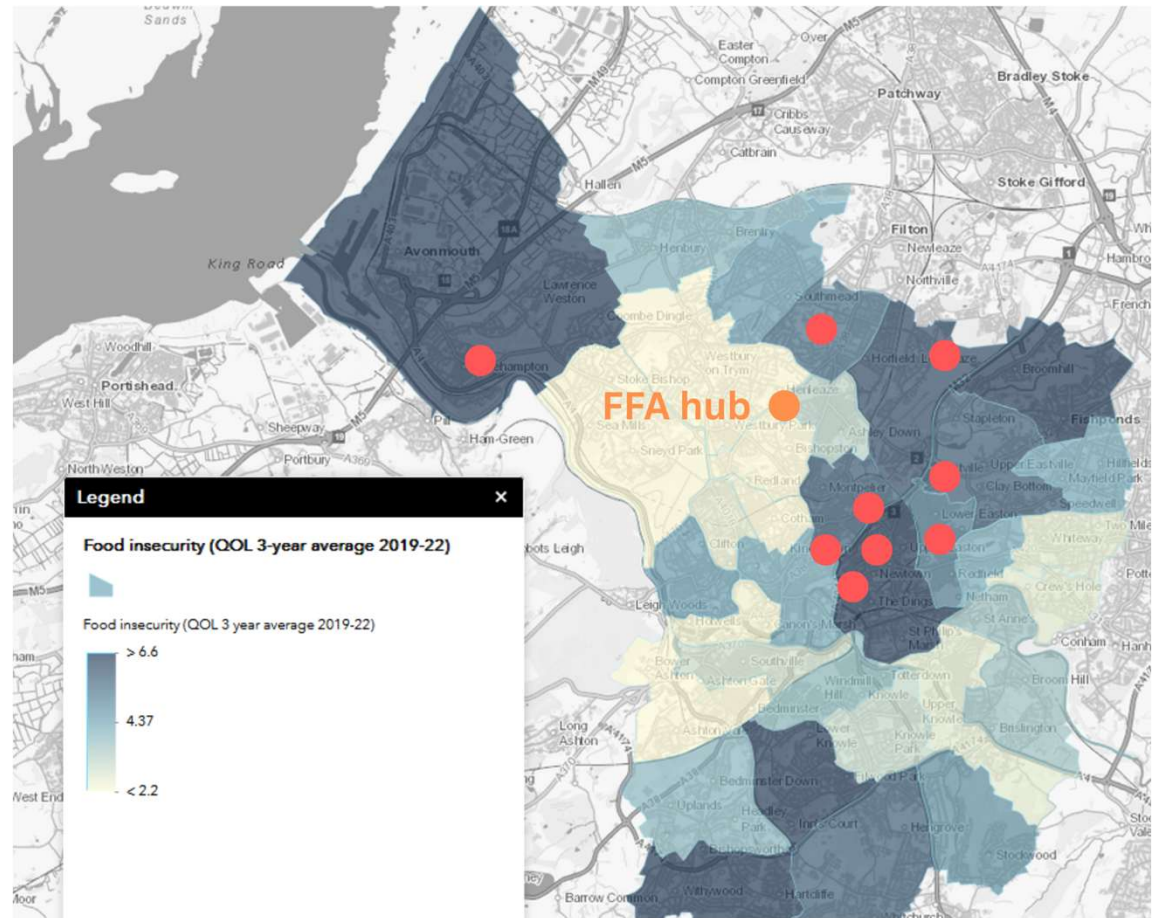
We are a small and friendly community, and care about all the individuals involved with FFA and include everyone's voices.



We place equal value on donations of food, time and money.

FFA partners

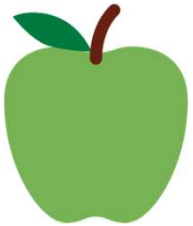
- Felix Road Adventure Playground, Easton
- May Park Primary School
- E&C Family Hub/Ashley food club
- Southmead Family Hub
- The Vench: Lockleaze Adventure Playground
- Oasis Grocery, Lawrence Weston Shirehampton
- St Werburgh's Foodshare
- St Nicholas of Tolentino
- Evergreen primary school



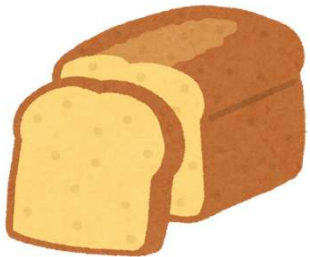




Donations from regular supporters and street collections



Community gardens, allotments and Avon gleaning give fresh produce



Regular business donations from Hobbs House Bakery Sainsbury's and Amazon



Financial donations used to buy fresh fruit, eggs and dairy



FFA SORTING HUB at the ARDAGH every Tuesday



Volunteers check and sort donations



Drivers deliver to community partners

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Financial donations

Many donors switched from supplying **goods** to providing **funding** at end of lockdown. Regular donors provide around £45K pa. Additional windfall donations vary.

Donations allow us to make bulk purchases of

- **Fresh fruit and veg**
- **Dairy produce**
- **Halal meat**
- **Eggs**

Fundraising activities by FFA and supporters also add to our income

FFA Numbers 2025

- We spend approximately **£1350 per week** on bulk orders
- We receive approximately **£1500 worth** of food and toiletries per week
- We support approx **150 families** through food clubs per week
- In term time: **60 children** pw eat after school at **Vench** activity sessions, and **240 children** eat after school at **Felix Road** adventure playground
- In School holidays: approx **300 children** eat lunch pw and **40 children** total have an afternoon snack twice a week at the **Vench**
- And approx **750 children** in total eat lunch 5 days a week at **Felix Road**

Felix Road, St Pauls, Southmead, St Nicks, Oasis LW and the Vench also pay for additional food from Fareshare and other suppliers

Tuesday mornings at
The Ardagh
next to the Café on the Common

www.familyfoodaction.org.uk
contact@familyfoodaction.org.uk



FFABristol



familyfoodaction

How to find FFA

