



The Food
Foundation

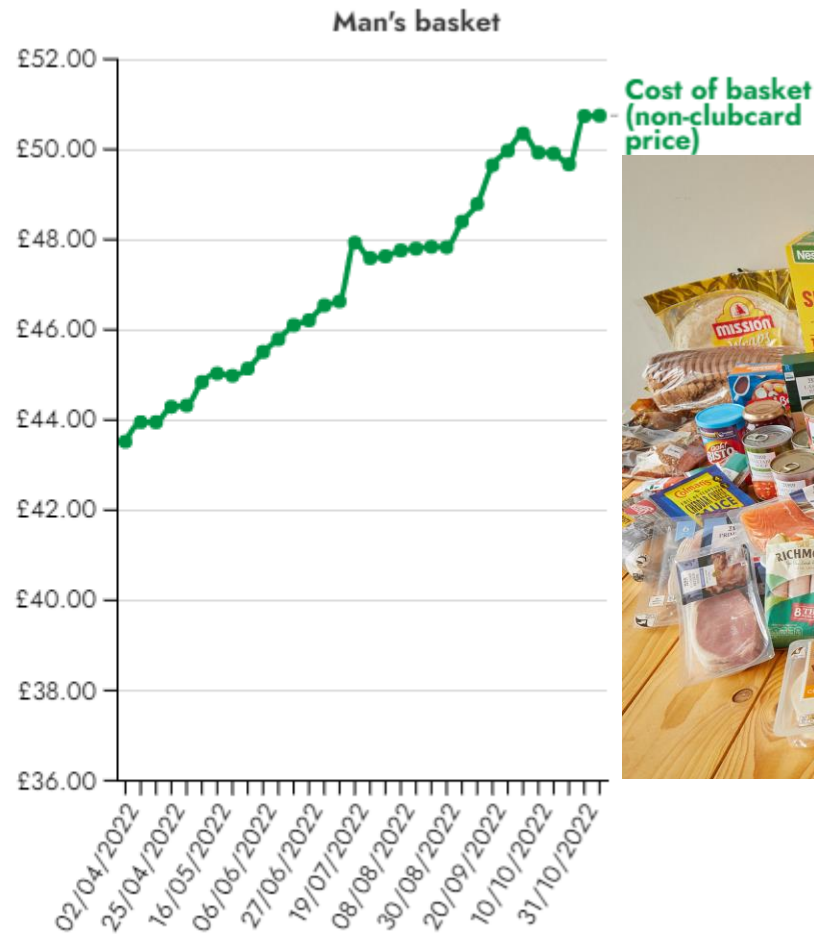
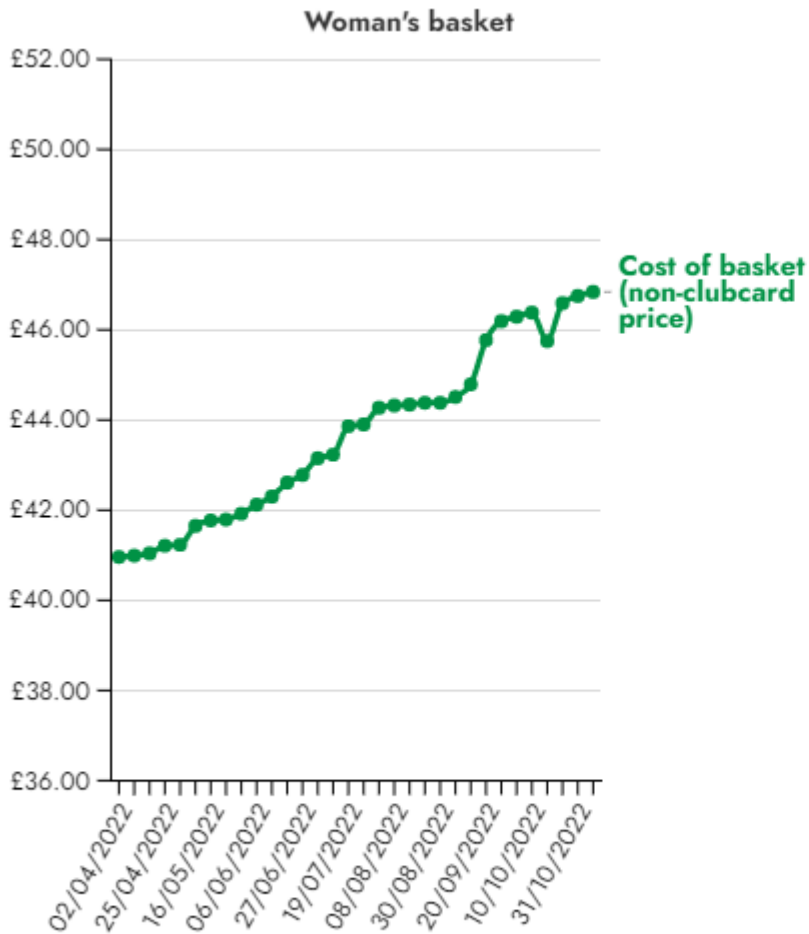
The cost-of-living crisis & food insecurity

November 2022

[foodfoundation.org.uk](https://www.foodfoundation.org.uk)

[@Food_Foundation](https://twitter.com/Food_Foundation) [@FoodFoundationUK](https://www.facebook.com/FoodFoundationUK) [thefoodfoundation](https://www.linkedin.com/company/thefoodfoundation) [@food.foundation](https://www.instagram.com/food.foundation)

A basic basket of food has gone up >15% since April 1 (from £43.52 to £50.75)



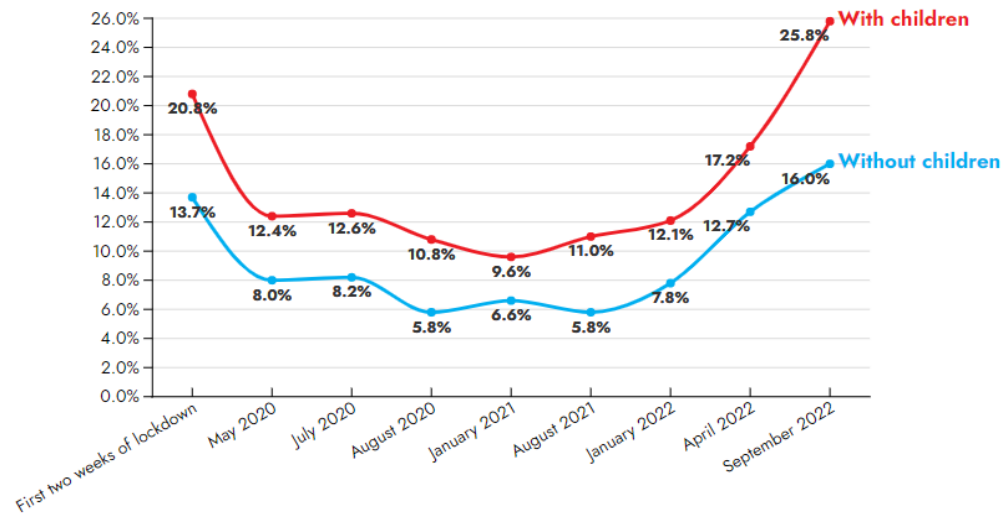
*does not include multibuy promotions or meal deals

<https://foodfoundation.org.uk/initiatives/food-prices-tracking>

Food insecurity is rising rapidly; 4 million children are at risk

Food insecurity has increased more in households with children

Percentage of households experiencing food insecurity*:

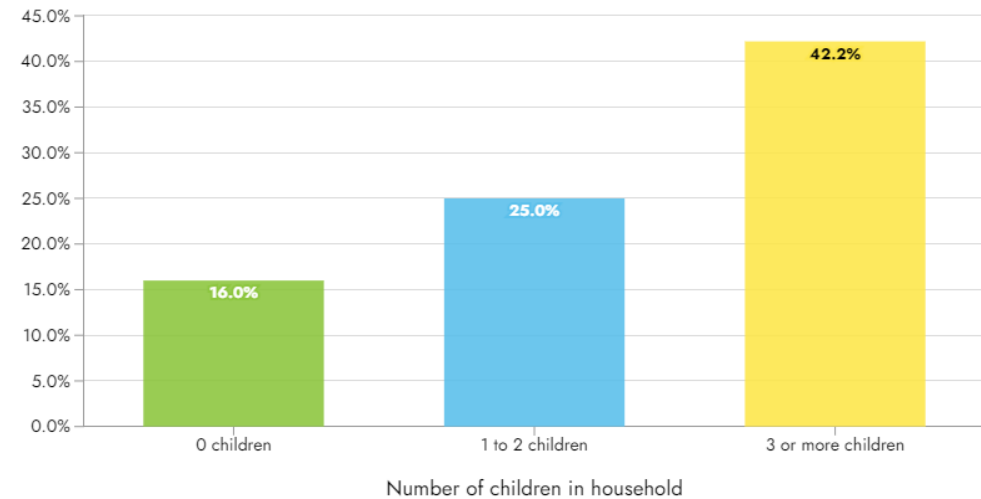


* 1-month recall period



Households with more children are more at risk of food insecurity

Percentage of households experiencing food insecurity*:



*1-month recall period

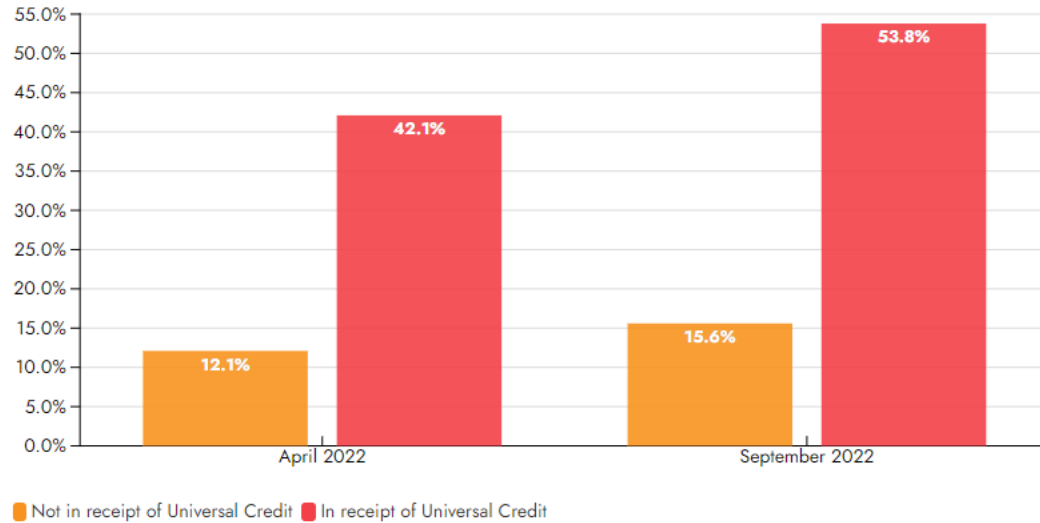


<https://foodfoundation.org.uk/initiatives/food-insecurity-tracking>

Universal credit is a risk factor; health impacts will be severe

Over half of households on Universal Credit have experienced food insecurity in the past month

Percentage of households experiencing food insecurity*:

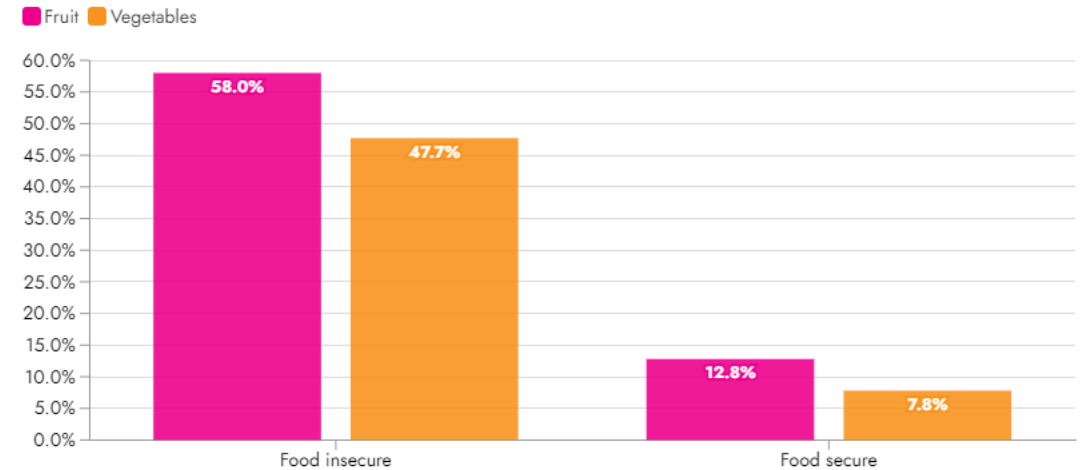


* 1-month recall period



Households who are food insecure* are cutting back on their purchases of healthy foods (fruit and vegetables) more than households who are food secure

Percentage of households who reported buying less in the past month



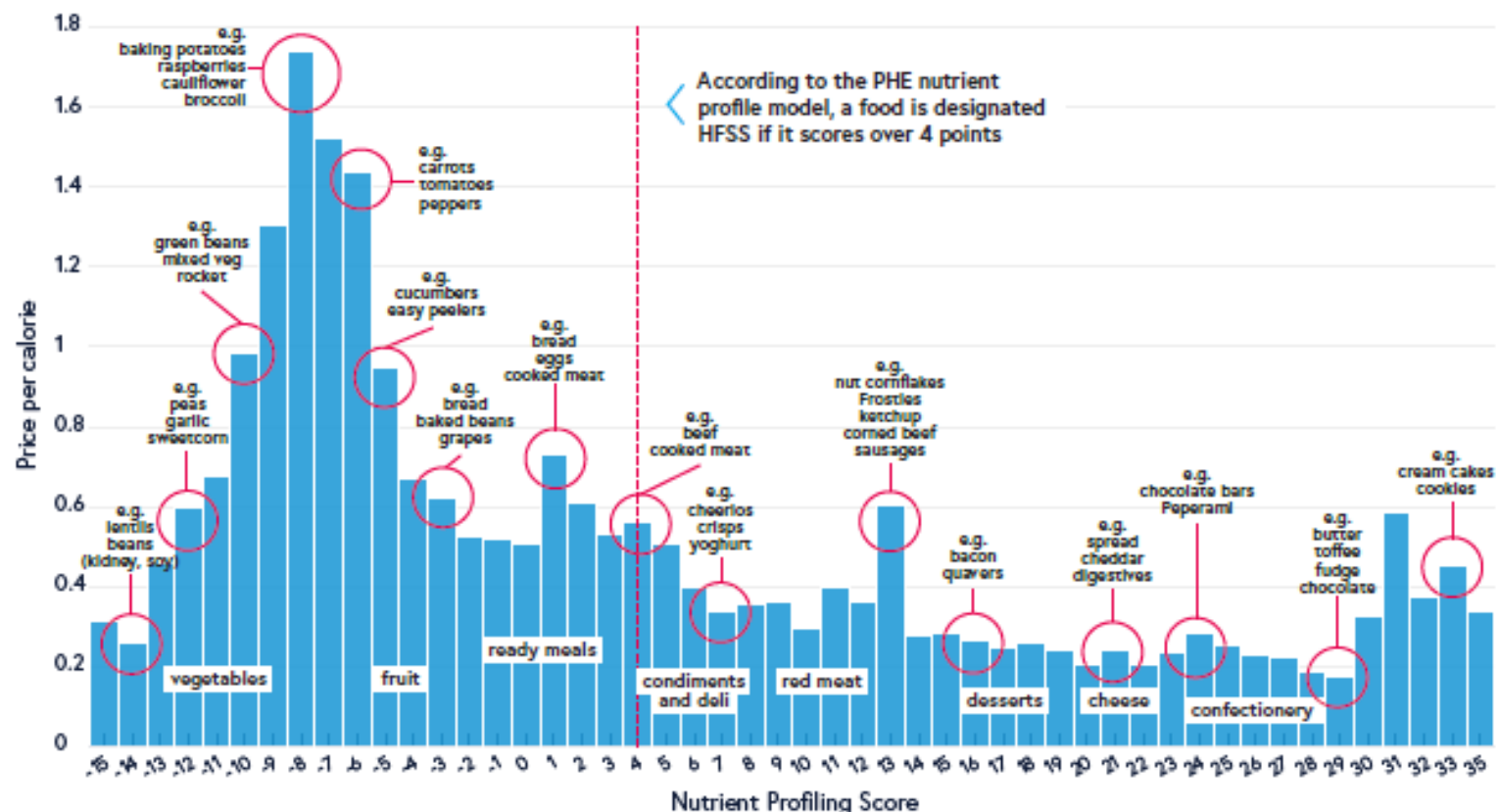
* 1-month recall period



<https://foodfoundation.org.uk/initiatives/food-insecurity-tracking>

What does it mean for diets?

AVERAGE PRICE OF PRODUCTS WITHIN EACH NUTRIENT PROFILING SCORE



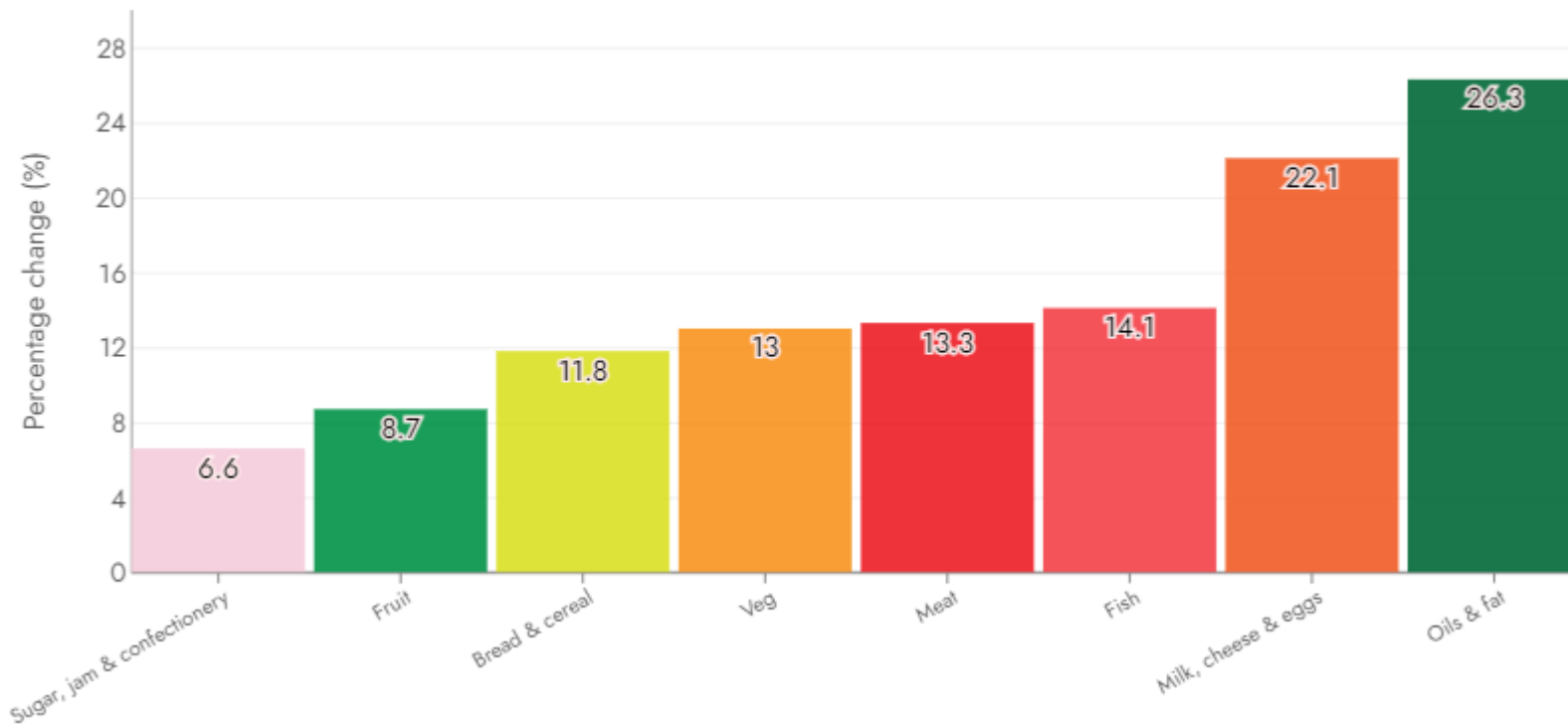
Healthier food tends to be more expensive per kcal than HFSS food

Note: The Nutrient Profile Model scores food and drink according to their overall nutritional composition rather than just calories. Points are awarded for unhealthy qualities (e.g. energy density, saturated fat, sugar and salt) and for healthy qualities (e.g. fruit, vegetables and nut content, fibre and protein). A score is calculated by subtracting the healthy points from the unhealthy points. Foods which score over 4 points, and drinks which score over 1, are defined as HFSS.

SOURCE: Analysis by Rachel Griffith using data from Kantar Worldpanel. Griffith, R. (2021). How does the price of different food products vary with the healthiness of that product? Institute for Fiscal Studies and University of Manchester. Online. Available at: [Policy and work in progress | Rachel Griffith](#)

In 2021-22 the price of healthy food increased at twice the rate of less healthy foods (5.1% vs 2.5%).

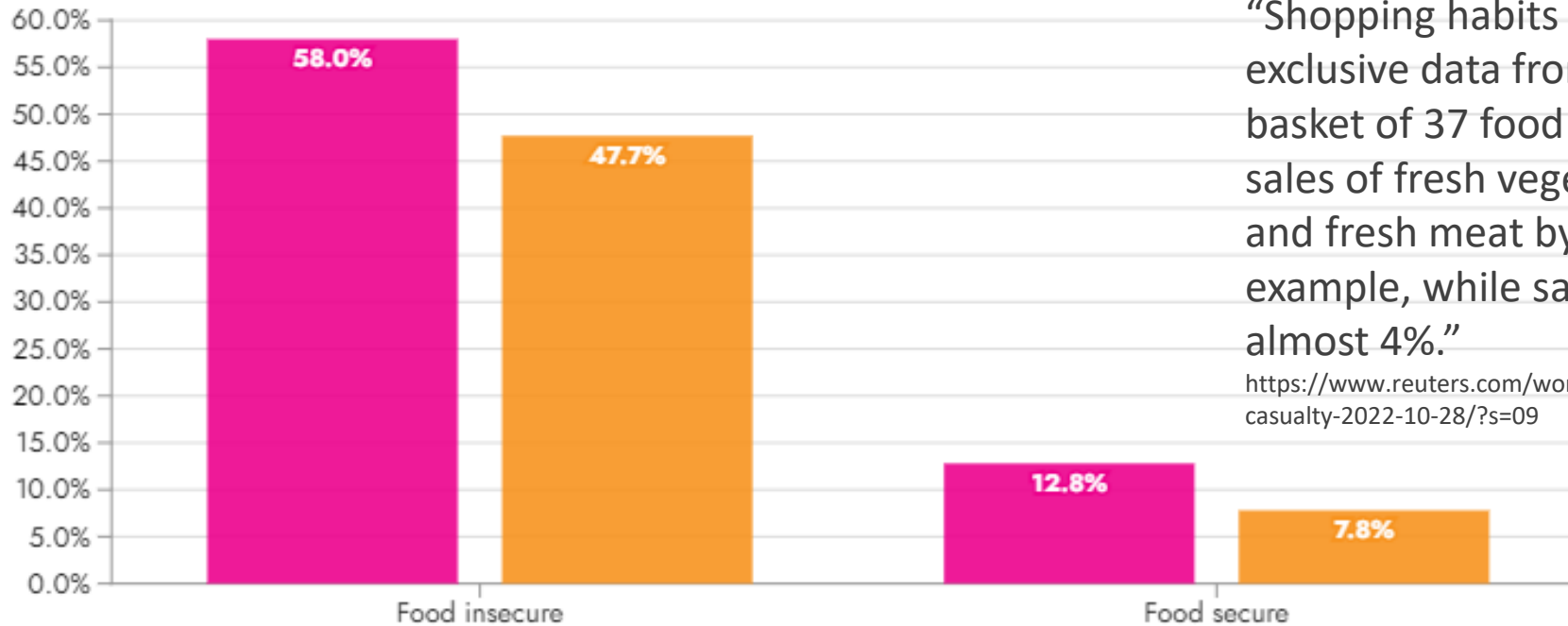
The average percentage change in CPI retail food price indices for all foods categories compared to August 2021



Households who are food insecure* are cutting back on their purchases of healthy foods (fruit and vegetables) more than households who are food secure

Percentage of households who reported buying less in the past month

Fruit Vegetables



“Shopping habits are changing too, according to exclusive data from NielsenIQ, which created a basket of 37 food products for Reuters. Volume sales of fresh vegetables fell by more than 6% and fresh meat by over 7% in August, for example, while sales of snacks and candy rose almost 4%.”

<https://www.reuters.com/world/uk/britains-inflation-crisis-healthy-diets-are-casualty-2022-10-28/?s=09>

*1-month recall period



Food insecurity and health outcomes

<https://foodfoundation.org.uk/publication/impacts-food-insecurity-and-fuel-poverty-child-health-winter>

Thomas, M. M. C., Miller, D. P., & Morrissey, T. W. (2019). Food insecurity and **child health**. *Pediatrics*, 144(4).

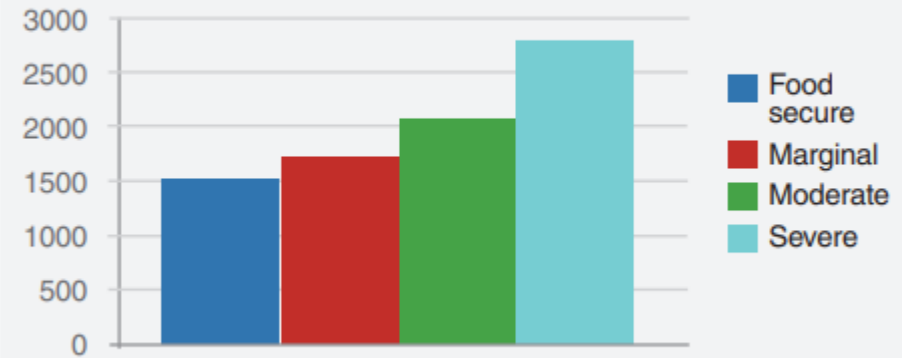
<https://doi.org/10.1542/peds.2019-0397>

“We find there are clear and consistent harmful impacts of food insecurity on children’s general health, chronic health, acute health, and access to health care, suggesting the urgent need for action”.

25% more likely to visit emergency departments

Depressive symptoms, asthma, skin allergies, colds, stomach problems (41%)

Average healthcare costs per person over 12 months by Ontario adults (18-64 years of age) by household food security status



Source: Tarasuk et al, *Canadian Medical Association Journal*, 2015

Cross sectional study of reported diet and food insecurity: Food insecure adults associated with lower fruit and veg consumption, higher consumption of fruit juice, higher odds of reporting poor healthiness of diet, general health, and mental health, as well as high stress and overweight, compared to food secure adults.

Yau, A., White, M., Hammond, D., White, C., & Adams, J. (2020). Socio-demographic characteristics, diet and health among food insecure UK adults: Cross-sectional analysis of the International Food Policy Study. *Public Health Nutrition*, 23(14), 2602-2614. doi:10.1017/S1368980020000087

What can you do right now?



Feed the Future

Free School Meals Campaign

Evening Standard The INDEPENDENT



Impact
on **Urban
Health**



sustain
the alliance for better food and farming



What are we asking for?

We are calling on the Government to urgently extend the eligibility for Free School Meals.

- **IMMEDIATELY:** All children in state-funded schools in England from families in receipt of Universal Credit should become eligible for a Free School Meal immediately.
- **NEXT:** This extension to eligibility is an urgent first step towards a long-term goal for the Government to provide comprehensively funded, nutritious school food for all children.



children learn
better if they are
properly fed.



How can you support the campaign?



Please help us ensure that Free School Meals are given to every child that needs one.

Visit:

<https://writetoyourmp.click/link>

- ***Follow us and share content on social media - assets, videos, data and news stories:***

https://twitter.com/Food_Foundation

- ***Share the 'write to your MP' petition via social media newsletters, websites***

- ***Write to your MP yourself!!***

Use our Hashtags:

#FeedtheFuture

#FreeMadeMe

DEAR MP,

As one of your constituents, I am writing to ask you to represent my views. Please ask the Prime Minister to extend Free School Meals to all children from households in receipt of Universal Credit.

Families are really struggling with the cost-of-living crisis, which is having an awful impact on children who are not getting the food they need to grow up healthy. Given the scale of the challenge, we should do all we can to help children living in poverty to achieve and thrive.

Currently there are 800,000 children in England who are living in poverty but don't qualify for Free School Meals. There is a postcode lottery, as children who would be able to get a Free School Meal in Scotland, Northern Ireland or Wales, miss out in England.

Free School Meals guarantee children a hot, nutritious meal every lunchtime. They help hard-working families save money, and support pupils to learn and concentrate at school. Investing in Free School Meals will provide economic benefits to our country. For every £1 invested in this policy, there will be a £1.38 return. Investing in children now will help them become the citizens of tomorrow.

Will you prioritise our county's next generation and #feedthefuture?

I'm not alone in this view; a recent YouGov survey showed 72% of the public in England want the Government to extend Free School Meals in line with Universal Credit. Teachers also want this change as they know giving children a nutritious school lunch helps to deliver good education.

So, as my representative, I ask you to write to the Prime Minister and make Free School Meals your priority.



foodfoundation.org.uk

[@Food_Foundation](https://twitter.com/Food_Foundation) [@FoodFoundationUK](https://www.facebook.com/FoodFoundationUK) [thefoodfoundation](https://www.linkedin.com/company/thefoodfoundation) [@food.foundation](https://www.instagram.com/food.foundation)