

# FAMILY FOOD & WELL-BEING

Working together to improve access to food for families

## Emergency food provision

### Local Welfare Support Scheme

Leeds City Council has a **Local Welfare Support Scheme** to help people in emergencies or crisis.

If you can't afford essentials like food, gas, or electricity,

and meet the criteria, you may qualify for help.

For more details and to check if you're eligible,

scan the QR code or visit our website:



[leeds.gov.uk/benefits/local-welfare-support-scheme](https://leeds.gov.uk/benefits/local-welfare-support-scheme)

### FoodAid Provision

Local food banks and other projects provide emergency food to people in need. For more details about food support in the city and what's available, check out the Leeds Food Aid Provision Map:

[leedsfoodaidnetwork.co.uk/find-emergency-food](https://leedsfoodaidnetwork.co.uk/find-emergency-food)

or scan the QR code





## Healthy Holidays

Over the Easter, summer and Christmas holidays, some community groups, schools and community hubs are running free schemes providing fun activities and healthy meals for eligible school aged children and young people. For more information please visit this page: [healthyholidays.leeds.gov.uk](https://healthyholidays.leeds.gov.uk) or scan the QR code.



**MIC**  
MONEY  
INFORMATION  
CENTRE

## Leeds Money Information Centre (LeedsMIC)

The Leeds MIC website provides details of agencies that offer free, independent and confidential advice and support in Leeds. Help is available on a range of matters such as food, debt, energy bills, benefits and emergency support. For more details, please visit: [moneyinformationcentre.leeds.gov.uk](https://moneyinformationcentre.leeds.gov.uk) or scan the QR code. Printed MIC materials, including booklets and flyers are also available at all community hubs and libraries in Leeds.



**B**

## Children's Centres

If you have a child under 5 you can access your nearest children's centre for a range of support services, scan the QR code or visit: [familyinformation.leeds.gov.uk/childrens-centres](https://familyinformation.leeds.gov.uk/childrens-centres)



**A**

**C**

## Leeds School Uniform Exchange

Leeds School Uniform Exchange helps families share great quality school uniforms - Instead of buying new uniforms, you can get them for free! The project also helps set up uniform-sharing programs at schools, online, or in local neighbourhoods in Leeds. For more details, scan the QR code or visit: [leedsuniformexchange.org.uk](https://leedsuniformexchange.org.uk)



# Healthy Start

If you're more than 10 weeks pregnant or have a child under 4, you may be able to get help to buy healthy food and milk.

You'll be sent a Healthy Start card with money on it and can use it to buy:

- cow's milk
- fresh, frozen or tinned fruit and vegetables
- infant formula milk
- fresh, dried, and tinned pulses

You can also get free Healthy Start vitamins.

## How to apply

Get help to buy food and milk:



[healthystart.nhs.uk/  
how-to-apply](https://healthystart.nhs.uk/how-to-apply)

or scan the QR code for more information.



This can make a big difference to your family.



If a family claim from when a mum is 10 weeks pregnant the family will receive more than **£1200** for that child



For ideas, help and information on Cooking on a budget:

[bda.uk.com/  
food-health/lets-get-cooking/cooking-at-home/cooking-on-a-budget.html](https://bda.uk.com/food-health/lets-get-cooking/cooking-at-home/cooking-on-a-budget.html)



If you need help applying contact Digital Health Hubs – 100% Digital Leeds

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





## Cost of Living

The Together Leeds website has lots of help and advice to support people with the cost of living. Scan the QR code or visit: [leeds.gov.uk/campaign/cost-of-living](https://leeds.gov.uk/campaign/cost-of-living)

## Free school meals

You may be able to claim for free school meals for any child who normally lives with you and who is classed as being under your parental care. Children may be eligible for free school meals if you receive benefits such as:

- Universal credit (and your net combined household income is less than £7,400 a year after tax)
- Income support, pension guarantee credit, income-based job seekers allowance, income-related employment support allowance



To check the full eligibility criteria or complete the free school meals claim form, please scan the QR code or visit:

[leeds.gov.uk/schools-and-education/apply-for-free-school-meals](https://leeds.gov.uk/schools-and-education/apply-for-free-school-meals)

## Families with No Recourse to Public Funds & Free School Meals

The Government has permanently extended free school meal eligibility to children in all households with No Recourse to Public Funds (NRPF), subject to maximum income and savings levels. To find out more speak to your child's school directly.

## Community Hubs

There are Community Hubs across Leeds, where you can find, free, confidential and tailored support and information under one roof. Community Hubs offer Library services, housing support, customer services and job searching as well as many other help and advice options. For further details including opening times, scan the QR code or visit: [leeds.gov.uk/community-hubs](https://leeds.gov.uk/community-hubs)

