

## 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 below or visit:



<https://www.leeds.gov.uk/schools-and-education/apply-for-free-school-meals>

If a child receives free school meals, they will continue to get them, even if their parent's income changes. This will remain in place until Universal Credit is fully rolled out across the UK and will only end when they move from primary to secondary school.



## Cost of Living

The Together Leeds website has lots of help advice to support people with the cost of living. [www.leeds.gov.uk/campaign/cost-of-living](http://www.leeds.gov.uk/campaign/cost-of-living)

For ideas, help and information on Cooking on a budget: [www.bda.uk.com/food-health/lets-get-cooking/cooking-at-home/cooking-on-a-budget.html](http://www.bda.uk.com/food-health/lets-get-cooking/cooking-at-home/cooking-on-a-budget.html)



## Community Hubs

There are 26 council community hubs across Leeds, where you can find free, confidential, and tailored support and information under one roof. Community Hubs offer a mixture of library services, housing services, customer services, job searching and other help and advice. For further details including opening times and contact information please visit <https://www.leeds.gov.uk/community-hubs>



# FAMILY FOOD & WELL-BEING

Working together to improve access to food for families

## Emergency food provision

### Local Welfare Support Scheme

Leeds City Council runs a Local Welfare Support Scheme to help people who meet the scheme eligibility criteria, if they are experiencing an emergency or crisis. If you cannot afford to pay for essentials such as food, gas and electric, and meet the criteria call the Leeds Welfare Support Team on **0113 376 0330**. For more information and details of the eligibility criteria, please go to: <https://www.leeds.gov.uk/benefits/help-with-food-and-bills>.

### Food banks

Local food banks can offer support by providing emergency food to people in crisis. To find details of foodbanks and other food providers, along with further information regarding what services they offer please visit the Leeds Food Aid Network website where you will find the food aid provision map: <https://leedsfoodaidnetwork.co.uk/find-emergency-food>

Some foodbanks are open to all, and some require a referral, this information is provided on the Food Aid Provision Map. If you need a foodbank referral, contact your support worker, if you have one.





## 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: <https://www.leeds.gov.uk/children-and-families/healthy-holidays>

## 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.

[www.leedsmic.org.uk](http://www.leedsmic.org.uk)



## Children's Centres

If you have a child under 5 you can access your nearest children's centre for a range of support services

<https://familyinformation.leeds.gov.uk/childrens-centres>



## Leeds School Uniform Exchange

Zero Waste Leeds have a school uniform reuse network across Leeds, offering great quality second hand uniforms and helping to reduce waste and make school uniform more affordable and accessible across the city.

For more information, including how to find the closest school uniform exchange in your area, visit <https://leedsuniformexchange.org.uk>

The website also has information for anyone wanting to set up a scheme in their local area. You can also find out more information about the Leeds uniform exchange by visiting <https://www.facebook.com/zerowasteleeds>



## Healthy Start information

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 any retailer that accepts debit cards. The benefit is added onto this card every 4 weeks.

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



You can use your card to buy:

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



This can make a big difference to your family.

You can also get free Healthy Start vitamins.

You'll get:

- £4.25 each week of your pregnancy
- £8.50 each week for children from birth to 1 year old
- £4.25 each week for children between 1 and 4 years old



If you would like some recipe inspiration – why not visit the Food Wise online recipe hub: [www.foodwiseleeds.org](http://www.foodwiseleeds.org) For more advice on Food Budgeting please visit: <https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less>



**How to apply** – Get help to buy food and milk (Healthy Start) <https://www.healthystart.nhs.uk/how-to-apply>

Email: [healthy.start@nhsbsa.nhs.uk](mailto:healthy.start@nhsbsa.nhs.uk) Call: **0300 330 7010**

If you need help with the application process please contact Digital Health Hubs – 100% Digital Leeds [www.digitalinclusionleeds.com](http://www.digitalinclusionleeds.com)