



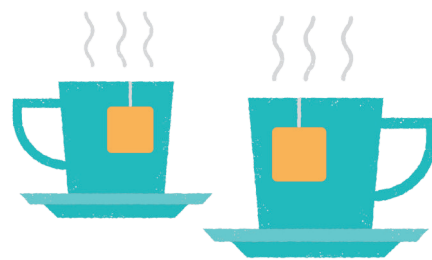
Guide to Finding Help with Food in Birmingham



Together
we will end
homelessness



Community Cafés



The Active and Wellbeing Society's Big Feed Community Cafés provide tasty meals made from locally sourced surplus food that would otherwise end up in landfill.



The nutritious meals are provided FREE at the cafes linked to the TAWS food environment and wastage activities

 COMMUNITY CAFE TIMETABLE				
MON	TUES	WEDS	THURS	FRI
Cafe 12-1:30pm All Saints, Herbert Road, Small Heath, B10 0PR	Seed to Fork 10:30am-1:30 pm Social Walk 11am Mobile Share Van 11:30am-1pm Cafe 12-1:30pm All Saints, Herbert Road, Small Heath, B10 0PR Share Shack 11am-4pm Cafe 12:30-1:30pm Table Tennis 12-1:30pm Social Walk 1pm Hay Hall, Redfern Rd, Tyseley, B11 2BE	Cafe 3:30-5pm Share Shack, 196 St. Vincent Street West, Ladywood, B16 8RP	Cafe 12-1:30pm All Saints, Herbert Road, Small Heath, B10 0PR Gardening Group 1-3pm, Hay Hall, Redfern Rd, Tyseley, B11 2BE	Come Together, Cook Together 10am-1pm, Share Shack 11am-4pm Cafe 12-1:30pm Table Tennis 12-1:30pm Social Walk 1pm Hay Hall, Redfern Road, Tyseley, B11 2BE

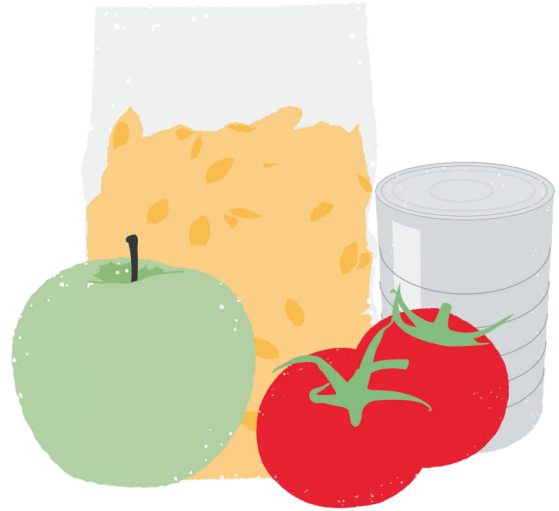
Please note the cafes are open for sit in meals only.

For more information or to get involved, feel free to contact us at bigfeed@theaws.org



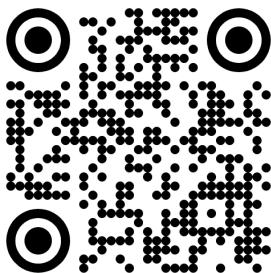
Food Banks

The cost-of-living crisis has made it much more difficult for many people to afford food. There is help across Birmingham if you are finding it difficult to feed yourself and your family



Accessing a food bank or other projects for the first time can be daunting. However, the volunteers do their utmost to make visitors feel welcome.

To find a foodbank or other food support in Birmingham and surrounding areas, you can search on the following directories.



<https://tinyurl.com/fjnmap>



www.trusselltrust.org/



www.streetsupport.net



Food Hubs & Community Grocers



www.yourlocalpantry.co.uk

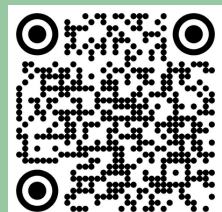
A scheme called Your Local Pantry enables members to buy good quality food, including fresh, refrigerated, frozen and long-life foods, at a lower cost. Each pantry is set out like a shop and the food comes from surpluses from producers or big retailers. Pantries are run by community groups, charities and churches and anyone can become a member. Each Pantry sets its own membership costs, usually about £5 a week, but a member who shops there every week can save about £1,000 a year on their groceries. There are several in Birmingham – to find out where your local one is, visit their website



There are four Incredible Surplus venues in Birmingham and one in Solihull. This organisation collects food from supermarkets, restaurants and other places that would otherwise go to waste. You can pick up your groceries and donate on a "Pay-As-You-Feel" basis – you pay what you can afford, if you can afford anything. You can always donate time (as a volunteer), if you wish, but there is no obligation because Incredible Surplus exists to prevent food waste.

To find out where they are located and their opening times, visit their website.

<https://incrediblesurplus.org>





www.FoodCycle.org.uk

Foodcycle currently provide free community meals at seven locations in and around Birmingham.

Everyone is welcome, no matter your background or circumstances. No referral is needed, you can just turn up for your three-course meal.

- | | |
|-----------------|------------------------|
| • Quinton | Every Saturday @ 12pm |
| • Erdington | Every Monday @ 3:30pm |
| • Weoley Castle | Every Tuesday @ 4 pm |
| • Kingstanding | Every Saturday @ 1pm |
| • West Heath | Every Sunday @ 1pm |
| • Longbridge | Every Monday @ 7:15 pm |
| • Falcon Lodge | Every Monday @ 1pm |



www.family-action.org.uk/

**Food On Our
Doorstep**

Family Action has launched Food On Our Doorstep (FOOD) clubs to provide good-quality food at a low cost, while also reducing food waste. It costs just £1 a year for a family to become a member.

Once you've joined, you can purchase a bag of tasty food items every week worth approx. £15 for just £4!

To become a member you must live or work within approximately 15 minutes of a club.

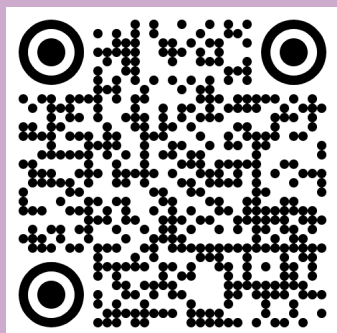
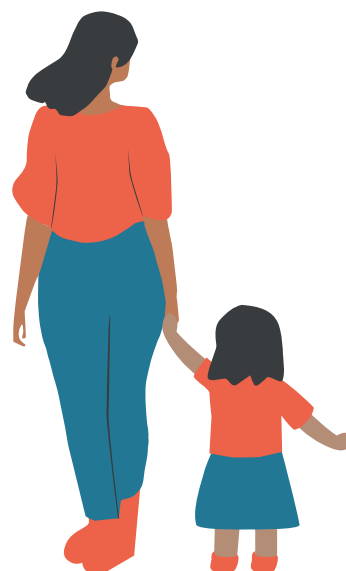
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|----------------------------|---------------------|
| • Erdington FOOD Club | Wednesdays @ 10am |
| • Garretts Green FOOD Club | Tuesdays @ 10am |
| • Ladywood FOOD Club | Thursdays @ 11:30am |
| • Rubery FOOD Club | Fridays @ 11am |
| • St Ambrose FOOD Club | Tuesdays @ 12pm |
| • Fox Hollies FOOD Club | Fridays @ 12pm |
| • Ward End FOOD Club | Thursdays @ 11am |



Food Support for Children & Families



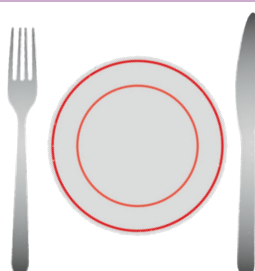
www.birmingham.gov.uk/healthystart



If you are 10 weeks pregnant or more, have a child under four years old, or you or your family get certain benefits, you may be able to qualify for a Healthy Start card.

The card has money on it to be used in shops to buy:

- plain liquid cow's milk;
- fresh, frozen, and tinned fruit and vegetables;
- fresh, dried, and tinned pulses;
- infant formula milk based on cow's milk.
- You can also get free vitamins.





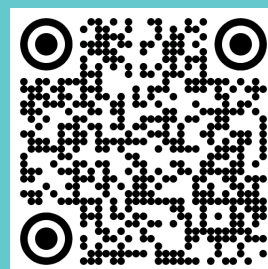
www.birmingham.gov.uk



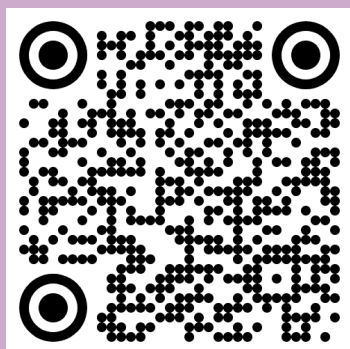
Free School
Meals

If you are on benefits, then you may be eligible for your child to have free school meals

Have a look at the Birmingham City Council website to check if you can claim for this.



<https://bringitonbrum.coordinate.cloud>



Bring It On Brum! is a FREE Holiday Activity and Food Programme funded by the Department for Education, designed for children and young people who are eligible for benefits-related free school meals across Birmingham to have fulfilling, active and healthy school holidays.

The Bring It On Brum! holiday clubs are available during the spring, summer and winter holidays. Children and young people are eligible to attend holiday clubs for up to 4 days during the spring and winter school holidays and up to 16 days during the summer holidays. Sessions are booked online.

Kids Eat for Free*

(*Or just a pound)



ASDA

Kids eat for £1 all day. Every day at ASDA cafes, with no adult spend required



Morrisons

Since 1899

Spend £4.50 and get one kids meal free daily.

Sainsbury's

Kids eat for £1 with the purchase of an adult hot main from 11:30 am every day.

TESCO

1 Free Kids Meal with every 60p spend in Tesco Cafés, 22nd July England & Wales
Clubcard/app required



2 children under 16 can get a free breakfast every day with 1 paying adult



HUNGRY HORSE

Kids eat for £1 on a Monday

Bella Italia

Pizza ♥ Pasta ♥ Grill

Kids Eat Free all day every Thursday and for £1 between 4-6pm, Sunday to Wednesday



Kids eat for £1 all summer at Toby Carvery! Valid Mon – Fri until Aug 30th 2024 via the App



Travelodge

Buy one adult breakfast from just £8.99 & up to 2 kids eat breakfast for free

Sizzling

PUB & GRILL

Every Monday to Friday, 3 – 7pm, kids' mains are £1 with every adult meal.



2 children under 16 can get a free b/fast every day with 1 paying adult.



At Dobbies for every adult breakfast or lunch purchased, kids eat for FREE, every day!

Premier Inn



Buy one adult breakfast from just £8.99 & up to 2 kids eat breakfast for free & £1 Kids meals at Dinner



Kids get a meal from 95p daily from 11am

Harvester

Kids eat for £1 is back! From Mon – Fri until 30th Aug (excl. Bank Holidays) via the App

