

Support with food costs

There are advice agencies, support organisations and schemes available to help you with the cost of buying food.

If you are struggling with high food costs, there are different organisations to turn to or schemes that may be able to help in your area. We have provided useful information and resources below.

Food banks

We know from our [research](#) that the cost-of-living crisis has left many people in a tough position when it comes to buying food. If you need support or want information about food assistance nearby, you can find it below.

To use your local food bank, you will need to be referred by a community organisation. You can call [Advice NI](#) on 0800 915 4604 for guidance on who you need to talk to.

Alternatively you may wish to contact your local food bank and ask how to get a referral for their services.

[Find your nearest foodbank on the Trussell Trust website.](#)

Healthy Start

The government funds a scheme for those who are pregnant or have children under the age of four, which helps with the cost of buying healthy food and milk.

You may be eligible if you are receiving any of the following:

- Child Tax Credit (if your family's annual income is £16,190 or less)
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (if your family's take home pay is £408 or less per month from employment)

To find out more about how to apply, and eligibility criteria, visit the [Healthy Start](#) website.

More information about saving on food costs and household bills

Ways to save money on food

Information and advice on how to save money on your food shop and how to make the food you buy stay fresher for longer.

Save on energy costs in the kitchen

Ways to use less electricity or gas when you are cooking.

Support with high energy costs

There are advice agencies, grants and schemes available to help you with the cost of your home energy.