



# March 14<sup>th</sup>~18<sup>th</sup> 2022

- Milkshake Monday @10am
  - Talking Tuesday @ 3pm
- Cupcake Wednesday @3pm
  - Thirsty Thursday @ 10am
  - Finger Food Friday @ 5pm

# What is Food Poverty ?

---

People living in food poverty either don't have enough money to buy sufficient nutritious food, struggle to get it because it is not easily accessible in their community, or both.

---

Most people who fall into food poverty struggle because their income is too low or unreliable.

---

In-work poverty is on the rise and one of the main drivers behind food poverty.



- 
- In 2019/20, 5 million people were in food insecure households.
  - Food banks are run by charities and are intended to be a temporary provision to supply emergency food aid.
  - Nearly two million people turned to food banks in 2020.







- Most people who fall into food poverty struggle because their income is too low or unreliable.
- 
- Food security is not only about being able to afford enough food but also being able to afford food that is nutritious – food that meets dietary needs and food preferences for an active and healthy life.

**What are the prospects?**

**The key factor in all of this is that unless people receive sufficient income, they will continue to struggle to have access to good quality and quantity of food.**

**Something that is difficult to imagine without experiencing it is how relentless poverty is;**

**how you're so utterly consumed by financial hardship that it affects every decision you make daily.**



# Milkshake Monday

Milkshakes served @ 10am.

Nesquik and fortified milky drinks available for patients alongside the usual tea and coffee and biscuit.







# Talking Tuesday

Tea & Coffee's served @  
3pm

Staff are offered a cuppa  
to have with patients and to  
have a chat about the  
importance of nutrition  
and hydration



# Cupcake Wednesday

Afternoon tea  
@3pm

Usually the Global Tea  
Party but we've had to  
adapt due to Covid-19  
so will have all the  
goodies but served on  
the ward.

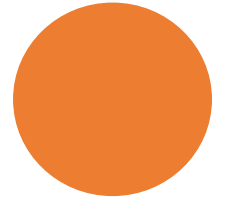




# Thirsty Thursday

Smoothies served @  
10am

Fruity smoothies  
served along side  
the usual tea's and  
coffee's.



# Finger food Friday

Finger food for  
supper @ 5pm

Easy to eat, nutritious  
food that everyone  
can enjoy.

