

Finding affordable, nutritious and healthy food in Bradford district

This handy guide can help you to find low cost food in Bradford district. Please use a smartphone to scan the QR codes to find out more, or to see if you are eligible to apply.



NHS Healthy Start

What does it do?

Helps young families on low incomes to access healthy food, milk and vitamins.



Is it for me?

You can apply for the NHS Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child aged under four, and:

- You receive Universal Credit (and earn less than £408 per month from employment)

You can also apply for NHS Healthy Start if:

- You're under 18 and pregnant
- You're not a British citizen, but your child is and you can't claim any benefits (and earn less than £408 per month from employment)

What do I need?

To apply online you'll need:

- National insurance number
- Pregnancy due date (if you're pregnant)
- Children's names and dates of birth
- Your benefit letter (if you're over 18)

To apply by email or phone:

- Call 0300 330 7010 or email: healthy.start@nhsbsa.nhs.uk
- If you are not a British citizen but your child is, email: healthystartNRPF@nhsbsa.nhs.uk

Fresh Food Voucher Scheme

What does it do?



The Nourishing Communities Voucher Scheme provides vouchers for those struggling to afford food, to purchase healthy fresh food in their local area and from Darley Street Market.

Is it for me?

You may be able to get vouchers if you:

- Live in the Bradford district
- Are finding it financially hard to buy healthy food
- Haven't had vouchers from this scheme in the last 6 months

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Free School Meals



What does it do?

Provides a healthy and nutritious lunchtime meal every school day for children aged 5-16 years in families who receive certain benefits.



Is it for me?

You can apply for free school meals if you receive:

- Income Support
- Income Related Employment and Support Allowance
- The 'Guarantee' element of the State Pension Credit
- Universal Credit and earn less than £7,400 per year
- Income Based Jobseekers Allowance

What do I need?

Information about:

- You (including National insurance number)
- Your child
- Your child's school

If you are an Asylum Seeker, you will need to apply directly to the school or scan the QR code to find details for the Access Team.

Or call Bradford Council
01274 432772



Healthy Meal Recipes



Ideas for meals and snacks you can prepare using your free NHS Healthy Start foods.



Cooking on a budget

BDA The Association of UK Dietitians



Tips, ideas and inspiration for eating well for less and helping your money and time to go further.

Swap cook
WHEN YOU

Swap shop
WHEN YOU

Swap snack
WHEN YOU

Swap Well to Eat Well



Low cost healthy meal ideas, food swaps for shopping, cooking, and snacking, fakeaway recipes and lots more!

Cost of Living Support

Information, help and tips on everything from groceries to utilities. This information is updated regularly and is available to download as a pdf.



FoodSavers Network

What does it do?



Offers high quality fresh and store cupboard

food for a low weekly membership (typically £6).



How does it work?

Every time you shop, £1 of your membership fee is saved into a Credit Union savings account in your name

Membership may also give you access to cookery classes, a rewards scheme or other benefits, dependent on location.

What do I need?

Please scan the QR code to find your local FoodSavers outlet.

On your first visit you will need to register as a member (basic contact details, 3-year address history, national insurance number).

Benefits calculator

A free benefits calculator to see how much you are eligible for, how much better off you might be in work, and how changes in your household budget can affect your income.



What do I need?

Information about:

- Your household
- Your health and caring responsibilities
- Your property
- Your income and earnings



Holiday Activity and Food Programme



What does it do?

Provides healthy meals, activities and free childcare places for children from low income families.

Is it for me?

Free places are available for children who receive free school meals, or have special educational needs or a disability (SEND).

Emergency Food

Food banks

What does it do?



Provides free emergency food parcels for those struggling to afford food.

What do I need?

- Some places require a referral from a school, organisation or health care professional
- Some places you can refer yourself
- Some places require proof of benefits, such as Universal Credit or Income Support
- Some places offer additional support such as benefits, housing or debt advice, fuel vouchers, help applying for jobs, and phone SIMs

Low-cost markets and pantries

What do they do?



Offers fresh and long-life food at a reduced cost to people on lower incomes or who can't afford full-price food

What do I need?

- Some places require a referral from a school, organisation or health care professional
- Some places you can refer yourself.

Emergency Meals



Find out where to find a free or low-cost meal in Bradford district, with day-to-day listings of where free meals are available.



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

The wording in this leaflet can be made available in other formats such as large print and Braille. Please call 01274 438884.

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