

# As poverty levels increase, #CashFirst is common sense.

**When it comes to getting food,** most of us will choose and buy what we need.



**If we can't afford to buy food,** we're faced with a far more difficult journey.



**First, many of us will put off trying to seek help**

Stigma can mean people have not eaten for some time before they eventually find help.

**and then there's the journey to the food bank**

People may need to walk long distances or spend money to get to a food bank (if they don't deliver). Food banks are only open at specific times.

**to repeat the cycle again**

If household income is not increased, the cycle is likely to repeat. Sometimes there is also a limit on the number of food bank visits allowed.

**you may need to get a referral from a local agency**

Many food banks work on a referral only basis and it can be hard to get appointments.

**to receive a parcel of food chosen by someone else**

Many food banks work hard to offer choices, but this depends on what food is available.

**For food bank teams, sourcing food is complex and challenging.**

**This parcel is made up of donated and surplus food**

Food supply can be inconsistent and is dependent on donations and availability. Many food banks will also purchase food.

**transported by volunteers**

Food is often picked up by volunteers in their own vehicles. Surplus food may not be usable meaning food banks teams then have to dispose this waste.

**sorted and packed in the food bank**

Donated food is collected, checked for safety and quality, sorted, stored, packed and sometimes transported again before distribution.

**to repeat the cycle again**

Collectively, food bank teams are distributing food on an industrial scale. Unless lack of income is addressed, the cycle will repeat.

## Food parcels can't solve poverty, but raising incomes can.

A #CashFirst approach would mean everyone could afford and choose their own food with dignity.

