

Free school meals

You can claim for free school meals for any child who normally lives with you and who is classed as being under your parental care. Children may be eligible for free school meals if you receive any of the following benefits:

- Universal credit (and your net combined household income is less than £7,400 a year after tax)
- Income support, pension guarantee credit, income-based job seekers allowance, income-related employment support allowance
- Child tax credit only (with no working tax credit) and your annual taxable income does not exceed £16,190

Children of families with no recourse to public funds are now also eligible.

To complete the form to claim for free school meals or to find out about the eligibility criteria, visit: <https://www.leeds.gov.uk/schools-and-education/apply-for-free-school-meals>

If your child attends full days at a nursery attached to a local authority school, they may be eligible for free school meals in the school nursery if you are receiving one of the above benefits.

If a child receives free school meals, they will continue to get them, even if their parent's income changes. This will remain in place until Universal Credit is fully rolled out across the UK and will only end when they move from primary to secondary school.



Community Hubs

Council Community Hubs are venues across Leeds offering a mixture of library services, housing services, customer services, job searching and other help and advice. Some venues are offering a limited service due to COVID-19. For the latest information on opening times, please visit <https://www.leeds.gov.uk/community-hubs>



FAMILY FOOD

Working together to improve access to food for families



Emergency food provision

Local Welfare Support Scheme

Leeds City Council runs a Local Welfare Support Scheme to help people in serious need. If you cannot afford to pay for essentials such as food, gas and electric, call the Leeds Welfare Support Team on **0113 376 0330**. For more information, please go here:

<https://www.leeds.gov.uk/benefits/help-with-food-and-bills>.

Food banks

If you are in need of emergency food, local food banks can offer support, providing you and your family with a minimum of 3 days supply of nutritionally balanced food.

You can find a list of foodbanks and other food providers on the Leeds Food Aid Network website news section here:

<https://leedsfoodaidnetwork.co.uk/find-emergency-food> or request

signposting/support through the contact form on the same page.

If you need a foodbank referral contact your support worker, if you have one, or phone the National Citizens Advice helpline free phone number

0808 208 2138 (Monday to Friday, 10am to 5pm) to speak to a citizens advice worker in confidence. They can issue you with a referral.





Healthy Holidays

Over key holiday periods, a small number of community groups, schools and community hubs are running free schemes providing fun activities and healthy meals for eligible school aged children and young people. For more information on Healthy Holidays please visit this page: <https://www.leeds.gov.uk/children-and-families/healthy-holidays>

MIC
MONEY
INFORMATION
CENTRE



Leeds Money Information Centre (LeedsMIC)

The Leeds MIC website provides details and links to agencies in Leeds and nationally that offer free, independent, confidential help on where to access food support, advice on money, debt, budgeting, reducing bills and affordable loans. Help is available but the availability of some organisations in Leeds may be limited due to the impact of COVID-19. www.leedsmic.org.uk

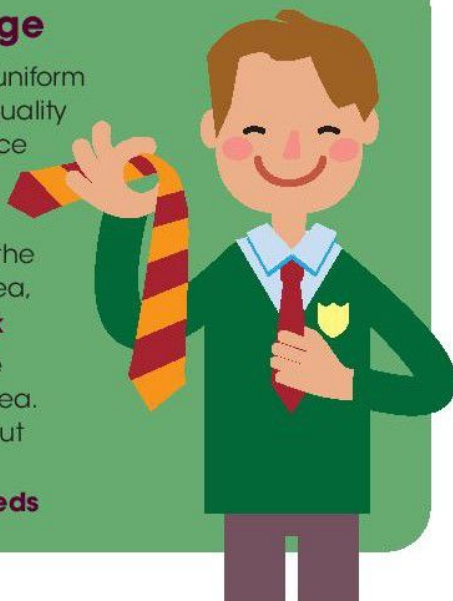


Leeds School Uniform Exchange

Zero Waste Leeds have launched a school uniform reuse network across Leeds, offering great quality second hand uniforms and helping to reduce waste and make school uniform more affordable and accessible across the city.

For more information, including how to find the closest school uniform exchange in your area, visit <https://leedsuniformexchange.org.uk>

The website also has information for anyone wanting to set up a scheme in their local area. You can also find out more information about the Leeds uniform exchange by visiting <https://www.facebook.com/zerowasteleeds>



Healthy Start information

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in any retailer that accepts debit cards. The benefit is added onto this card every 4 weeks.

This can make a big difference to your family.



You can use your card to buy:

- cow's milk
- fresh, frozen or tinned fruit and vegetables
- infant formula milk
- fresh, dried, and tinned pulses



You can also get free Healthy Start vitamins.

You'll get:

- £4.25 each week of your pregnancy
- £8.50 each week for children from birth to 1 year old
- £4.25 each week for children between 1 and 4 years old



If you would like some recipe inspiration – why not visit the Food Wise online recipe hub: www.foodwiseleeds.org For more advice on Food Budgeting please visit: <https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less>

