

FOOD BANKS

FREE FOOD FOR PEOPLE WHO NEED IT

Food banks give free food to people who cannot afford to buy it.



Most food banks require a voucher which can be given to you by

- A GP referral
- Your local council
- Citizens Advice
- Your local family hub

Please visit the link below for more information

<https://www.blackcountryfoodbank.org.uk/need-help/how-to-get-help/>



Soup kitchens also provide ready to eat food without the need for a voucher or referral– **Food cycle Dudley** is just one of the options near us.



Charities such as **AGE UK** are also able to help – You can call their free advice line on **0800 678 1602** - This is a confidential national telephone service for older people, as well as their families, friends and carers

Find your local food bank here:

<https://www.blackcountryfoodbank.org.uk/locations/>