

Food and Essentials - support for families in KINGSTON

Access to food and essentials support

Local Services:

- [Kingston Food Banks](#)

National Services:

- [National Food Delivery](#) (Supermarket information, as well as how to access priority delivery slots if you are vulnerable)

Food parcels:

If you need support getting food but have limited funds available, we may be able to help you with free emergency food parcels. For more details, please click on the Kingston Stronger Together Hub link below.

- [Kingston Stronger Together Hub](#)

Resources:

We have also put together additional support to help you find ideas for healthy, easy and cheap meals for breakfast, lunch and dinner.

- [Connected Kingston - Cooking at home](#)

To get support:

You can find more food related support by visiting our dedicated 'Accessing Food' page, including information about how to donate food and volunteer locally with the Kingston Stronger Together Partnership.

- [Connected Kingston - Accessing Food](#)

The Good Food Co-op is a not-for-profit service supplying fruit and veg boxes. Every box purchased helps a local family or individual in need to receive a box for free. First orders for paying customers start on 19 November. This new Kingston project is a partnership between RBK, Voices of Hope, KingsGate Church and Kingston Voluntary Action. If you wish to access the service use this link: <https://goodfoodcoop.org.uk/>

The Kingston Foodbank is accessed by referral. Contact Kingston Stronger Together for help.

https://kingston-self.achieveservice.com/service/Covid_19_Support_Requests

<https://kingston.foodbank.org.uk/get-help/>

Growbaby (working with children under 5) provide clothes and equipment, nappies, baby food and formula. Due to current circumstances, they are unable to operate from their premises, The Hub, where you would normally be able to visit to collect items. They are currently supporting families at home. If you would like more information, please contact Tanya at 07810 643470.

Is your child eligible for Free School Meals? Many families are entitled to free school meals but do not claim them. The process is simple and your application will be processed in 2 days. As well as the benefit of a hot nutritious meal every day, the school benefits by receiving £900 per child (known as the pupil premium) which is used to offer increased opportunities, equipment and books to support pupil learning. You are eligible if you receive **one** of the following benefits:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)
- Nursery aged children must be receiving education before and after lunch to be entitled to free school meals.

Citizens Advice Kingston can give you support and advice around accessing the Foodbank and other organisations helping with food insecurity also benefits, employment, housing, legal issues, finances/debt etc. email them on <https://www.citizensadvicekingston.org.uk/contact-us/contact-for-help/> or call 02031660953 if your enquiry is urgent.

South West London Law Centres offer free and independent legal advice on social welfare issues including housing, debt, immigration and employment. www.swllc.org 0208 767 2777