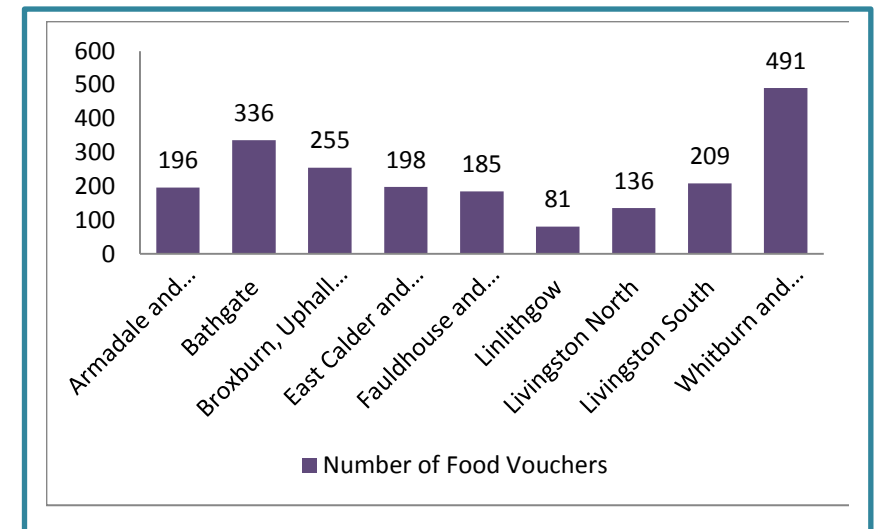


Poverty and Food



There are now 10 Foodbank distribution points across West Lothian

2,087
Food vouchers
were issued in
West Lothian last
year



Food bank use is more prevalent in some areas than others

Source: West Lothian Foodbank <https://westlothian.foodbank.org.uk/>

Data Label: PUBLIC

Poverty and Food

What is Food Poverty?

'The inability to acquire or consume an adequate or sufficient quantity of food in socially acceptable ways, or the uncertainty that one will be able to do so'.

'It's choosing
between feeding
your family or
heating your home'.

It's eating stuff
that fills you rather
than food that's
good for you'.

'It's not eating for
days'

'It's cooking cheap
food in the
microwave because
you can't afford to
use the oven'.

What causes food poverty?

Low income and rising
cost of food

Local availability of
affordable and nutritious
food

Lack of storage, preparation
and cooking facilities and
poor cooking skills

Sources: NHS Health Scotland position statement on food poverty: <http://www.healthscotland.scot/media/1157/food-poverty-statement-11-15.pdf>

Dignity: Ending Hunger Together in Scotland report: <http://www.gov.scot/Publications/2016/06/8020>

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