

Food Poverty

A short film about low-income consumers' access to healthy, affordable food in Northern Ireland.

Hand to Mouth: Accessing healthy, affordable food on a low income

The Consumer Council has produced a short film ***Hand to Mouth: Accessing healthy, affordable food on a low income*** looking at the reality facing low income families in Northern Ireland, and their ability to afford the type of contents identified in the Minimum Essential Food Basket research carried out by Safefood and Food Standards Agency in Northern Ireland.

With so many other pressures on household spend, and the added financial impacts of the COVID-19 pandemic, we hear from parents, academics and those working in local communities about the struggle of eating well on a limited budget.

Full film: This short film explores the issues facing low income households in Northern Ireland and their ability to access a healthy, affordable and socially inclusive diet. We hear from leading academics, community volunteers, and from parents themselves about the difficulties of eating well on a limited budget.

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Short Version: The following film highlights some of the issues facing people feeding themselves and their family on a low income.

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Minimum Essential Food Basket

What is the cost of a healthy food basket in Northern Ireland in 2020?

Research by Safefood and the Food Standards Agency shows that low-income families in Northern Ireland have to spend up to 46% of their weekly income to afford a healthy food basket.

For the full report, [click here to visit Safefood's website](#).

Useful information and help

Support with food costs

There are advice agencies, support organisations and schemes available to help you with the cost of buying food.

Ways to save money on food

Information and advice on how to save money on your food shop and how to make the food you buy stay fresher for longer.

Save on energy costs in the kitchen

Ways to use less electricity or gas when you are cooking.

Budgeting

Ways to budget better; helping you spend less and save more.