

LIVERPOOL'S

**GOOD  
FOOD  
PLAN**

**What message would you  
give to those in power?**



**Feeding  
Liverpool**



We want Liverpool's Good Food Plan to be developed with local residents, shaped by their ideas and experiences.

In the first phase of the Good Food Plan, Feeding Liverpool conducted interviews and focus groups with 48 residents, including 20 of whom had recently experienced severe food insecurity.

We asked these 20 what message they would give to those in power.

**Jamie\*<sup>1</sup> left care when he was 17, now 24, he lives alone and does not currently work, he is supported by Merseyside Youth Association:**

“Just to make fresh foods more effective. I think that's the only thing really, either to make foods more cost effective or for an increase in Universal Credit, which I know that they have been doing since the start- April last year, but a permanent increase if you get me.”

**John is in his early 20's, he has been in and out of temporary work and is supported by Merseyside Youth Association:**

“Have one main location for a foodbank that's open every day instead of having foodbanks scattered all over the city, open at different set times. I live in Bootle so I'd go to Waterloo, that's my nearest foodbank which is a 35 minute walk. By the time I got there they'd give me 8 bags and I'd have to carry 8 bags back and that's not always easily accessible for everyone in the city. If they opened one main location that was open all the time, not many people would have the problem of getting to them.”

**Fares is in his 40's and on Universal Credit, he receives support from Liverpool Arabic Centre: (using a translator)**

“Health care needs more attention. To me, health care is more than food.”

**Lami, a Yemini woman in her 20's, who lives with her husband (using a translator)**

“I'd like to tell them that I really need a house, I would like to live peacefully and develop myself and hopefully empower myself and hopefully serve this country. We love this country and hopefully to serve.”

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<sup>1</sup> All participants were given the choice to attribute their comments or use a pseudonym

**Declan is in his early 20's, a carer for his mum, he lives alone, and is supported by Merseyside Youth Association:**

“Make sure there's more services that people can go to even if they don't want to go in person, they can make a phone call or just email and contact that way or make it so that your family or a representative can pop in for them... I think there needs to be a few more services, like public transport services and make either the buses cheaper or provide bus fare for them because not everyone can afford the buses.”

**Zahraa is in her 30's, lives with her husband, arrived from Yeman, via a short stay in Germany in June 2020. (using a translator)**

“She was saying that even the food that she got from the church, the rats were already eating from that and she discovered the rats were in the church...She's saying that, you know, they've experienced difficulties on the online services...If it were face to face it would have been better. Sometimes you're calling and calling and calling and keeping on hold and we're not getting through.”

**Barry is in his 40's, has recently had a relationship breakdown and struggles with his mental health, he is using Micah Liverpool for food support**

“It would be nice to have a different variation but they can't do that, you can't go out and choose that. I have literally got cupboards full of pasta that I've ended up giving away I've seen people throwing- I've even seen people come out of the food bank and throw a bag of shopping away. Some gets wasted.

Yeah, well if you notice what they'll do is, they'll come here and then there're bread trays at the front and what they'll do is they'll go through the trays and they'll put the stuff there that they don't want. A good little incentive that's happening at the moment that Trussell Trust are doing is like you pay £5 a week and you get so many items and it's learning people how to budget but it's also giving them better quality stuff as well.

More variation but to join the club, obviously still have this facility here, which is always great and it's one of the best and you've got some of the best people. I couldn't blow their trumpets enough for this place, they're brilliant but as I said, if they had more upper grade products. Just instead of doing like, have the Tuesday and Thursday at the food bank but then have the one where you pay £5 a week or £2.50 a week and you come in on a Wednesday and you get like- have a pantry, yeah, that's it.”

### **Donna, in her 40's with two children including a young son with health concerns and allergies, she attends Micah Liverpool**

“Make somewhere like this (Micah Liverpool) more accessible for people who are struggling, ... (in the shops) More stock and cheaper, certain stuff like the egg-free range and all that just easier to get hold of and cheaper. Because it is hard getting like, some pastas are made with egg but then the ones that are egg-free, they hike the prices up so just maybe lowering the prices a bit.”

### **Neil\* is in his 60's and has no fixed abode, he is supported by Micah Liverpool**

“There needs to be a people- there's no way of easily finding out what's available that I'm aware of, no centre point you can go to that will list all the places and the times. Some sort of collation of information about soup kitchens and food banks so we know how to access them. Outreach would be useful.”

### **Emily\* is in her 20's and uses St Andrews pantry**

I'd highly recommend to put more of them (pantries) out, because it really does benefit me. You can see how much shopping I've got for £3.50 and that will feed the kinds for at least 2 or 3 days. For £3.50 you cannot complain at all, and you get to choose so again I can watch that it's safe for the baby. It's just so, so much better for the community I think. It really is.

### **Mary\* is in her 70's, she volunteers at St Andrews Pantry and is a member**

“I think really what they should do really, is come themselves to see. I know it sounds awful but pretend they are a person that lives in the area and sit out on that bit over there and listen to what- I don't mean to say eavesdropping but it's like a lot of people, if you know you've got an official coming in you're all on guard and you're all on edge so you make sure everywhere's perfect. If you thought someone was coming in in disguise so to speak, they could actually hear what goes on and see the benefits that the church is giving and the people who donate all this food. I don't think it's recognised enough.

I think it would be a shock to them to see the volume of people coming in and I think if they went into that room, which they would, it would be a shock to them to see what it there and what is donated by different companies and different businesses. I think it would make them realise the necessity of it because there's not the help that there was years ago but then again, I don't think- I think the money gets paid to the council and it doesn't go to the right departments.”

**Layla\* is in her 50's, she lives with her brother and 1 daughter and has 4 more children back in Yeman, she is supported by Liverpool Arabic Centre and is desperate for one of her daughters to join her from Yemen. (using a translator)**

“I want a house. I want one daughter. Need only one daughter...My only wish is that I have one of my daughters here with me. If she comes here, even if they cut the benefits from me that's fine as long as they bring me one of my daughters.”

**Cheryl is in her 40's, long term health conditions prevent her from working, she is a member of St Andrews Pantry and has used the foodbank**

“We need more pantries across every area for people, because at the end of the day, I love coming and you're meeting people every week. It might not be the same people every week but you're getting to meet people, you're getting out. So more pantries across Liverpool.”

**Barb\* is in her 60's and is a volunteer and member of St Andrews's Pantry**

“Support the pantry, please, support the pantry but also support, or find a way to support, opening local shops. Good local shops not cheap, knock off B&Ms and takeaways and betting shops and off licences. We got another off licence opened on West Derby Road, we didn't need one.

We didn't need another off licence. So, please, we need local shops. That's how you get a community, if you want a community you need to give the community what it needs and what it needs is local shops. It need people to support local businesses.”

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