

A woman with dark hair and glasses, wearing a light blue sweater, is smiling broadly while holding a yellow cup. She is in a social setting with other people in the background, some of whom are wearing white shirts. The text 'The bread and butter thing.' is overlaid on the right side of the image in a large, white, bold font.

**The
bread
and
butter
thing.**

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Introducing bread and butter

- **The Bread and Butter Thing is a charity working in 100+ locations.**
- **We deliver healthy low-cost food to our communities every week.**
- **We are not a food bank.**
- **We focus on providing family shopping which improves diets.**

- **Our members pay a fair price for their food.**
- **They strike a bargain with us of accessing a wide variety of food for a nominal fee.**
- **The food is directly sourced from manufacturers and retailers.**

- **We have more than 100,000 registered members and are redistributing to around 8,000 families a week.**
- **Our members are from all walks of lives.**
- **They are typically female of working age from households of 3-4 people.**

Rung 2 - Capacity Building.

Supported activity, done *with* people.



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Why we are needed

Cost of living crisis:

- **Most of our members have £50 or less to spend on food and essentials monthly.**
- **Over 75% of our members would not be able to afford a £100 surprise bill.**
- **1 in 6 children ineligible for free school meals are skipping meals at school.**

Nourishing our members:

- **80% of our members are cooking better at home since joining bread and butter.**
- **85% are eating more fruit & veg.**
- **72% of our members have better access to produce as a result of joining bread and butter.**

Building resilience:

- **We materially reduce food bank usage.**
- **Over half of our members have made new friends and feel less alone.**
- **The majority of our members tell us they feel less alone because of us.**
- **96% of our members tell us we are good for the community.**

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The difference we make.

In the past 12 months we have:

- Provided 20M meals to our members through stopping over 8,000 tonnes of food from going to waste.
- Saved our members £7.7M
- 100,000 families reistered
- Over 14,000 people have stopped or reduced their food bank usage.



The Bread and Butter Thing Model

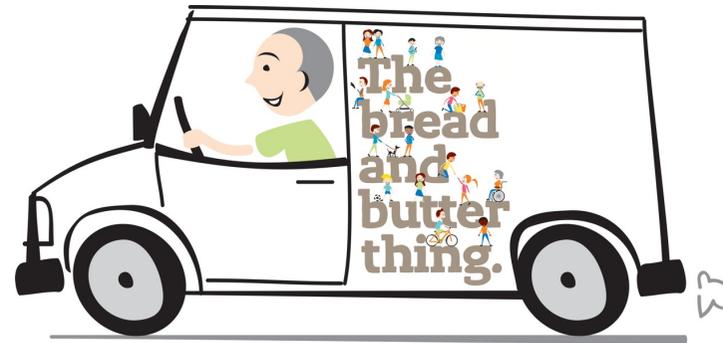


Why we do what we do...

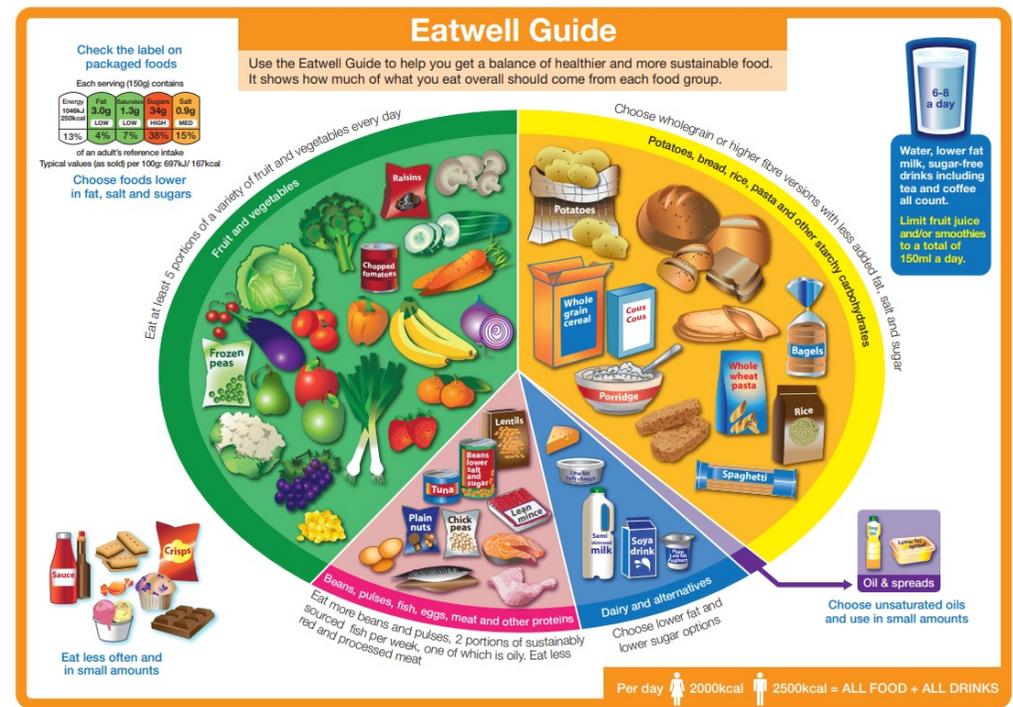
- **A growing number of families have negative budgets.**
 - **Over half of our members have £50 to spend on food a month.**
 - **Two thirds experience hunger routinely.**
 - **Growing number using credit cards to pay for basics.**
 - **Three quarters cannot afford an unexpected bill of £100.**
- **People's diet suffers as a result of low income.**
 - **Over half of our members eat one or less fruit and veg a day.**
 - **Restricted incomes mean restricted diets.**
 - **Ultra Processed Foods replace natural ingredients.**

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The cost of eating well



- A study by the University of Oxford has found that a healthy diet costs £227.52 per person, per month. This is based on the government's "Eat Well Guide".
- This is based on data from May 2022, which has almost doubled in 2 and a half years. Food inflation since this time has been running at around 18%, so this value is likely to be higher.
- Over half of our members said that they have less than £50 left to spend on food in the month.
- The Eatwell plate is out of reach for nearly all our members and continues to increase in cost at a rate that is not manageable.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

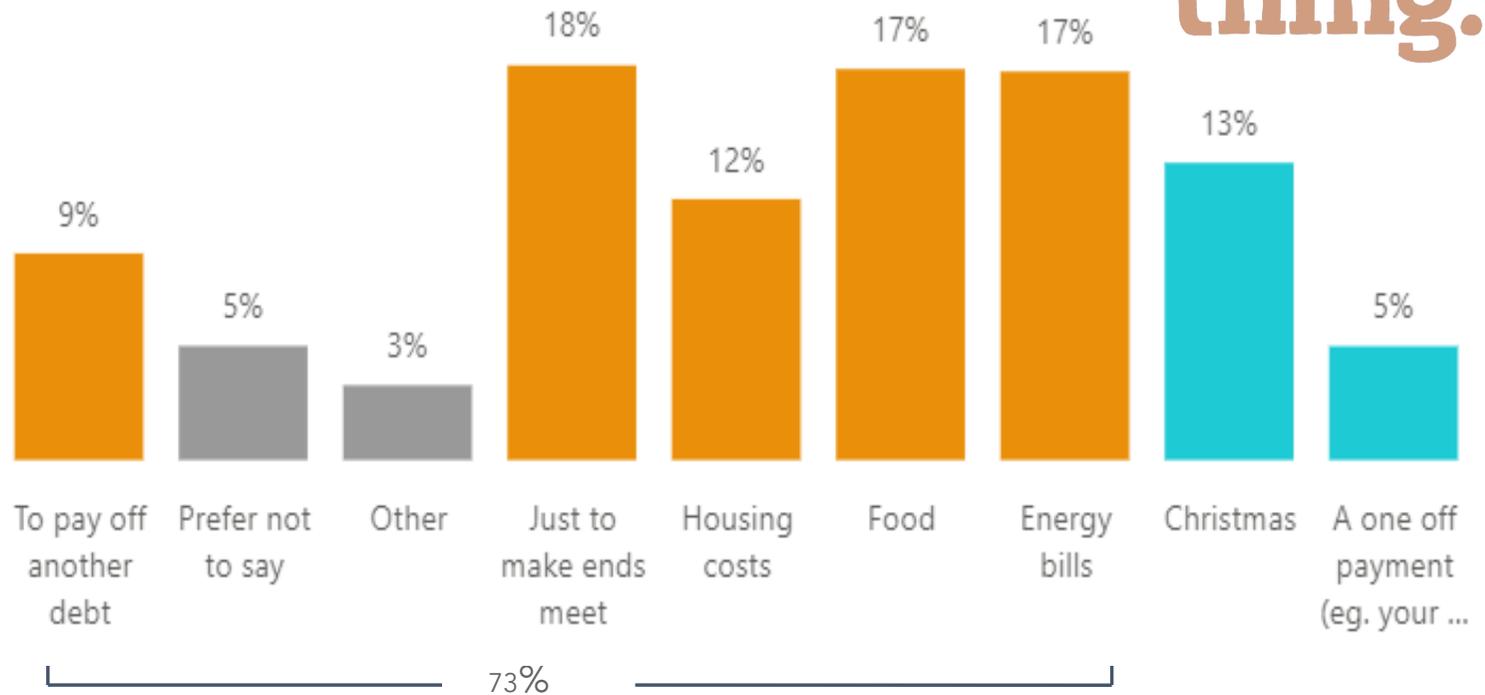
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People are Borrowing Just to Get By

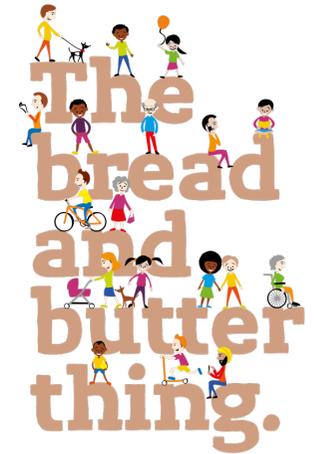
- This lack of reserves shows again when looking at why people are borrowing.
- 73% of reasons given for debt is for recurring expenditure [seen here in orange].
- This is not sustainable and is building problems for the future.



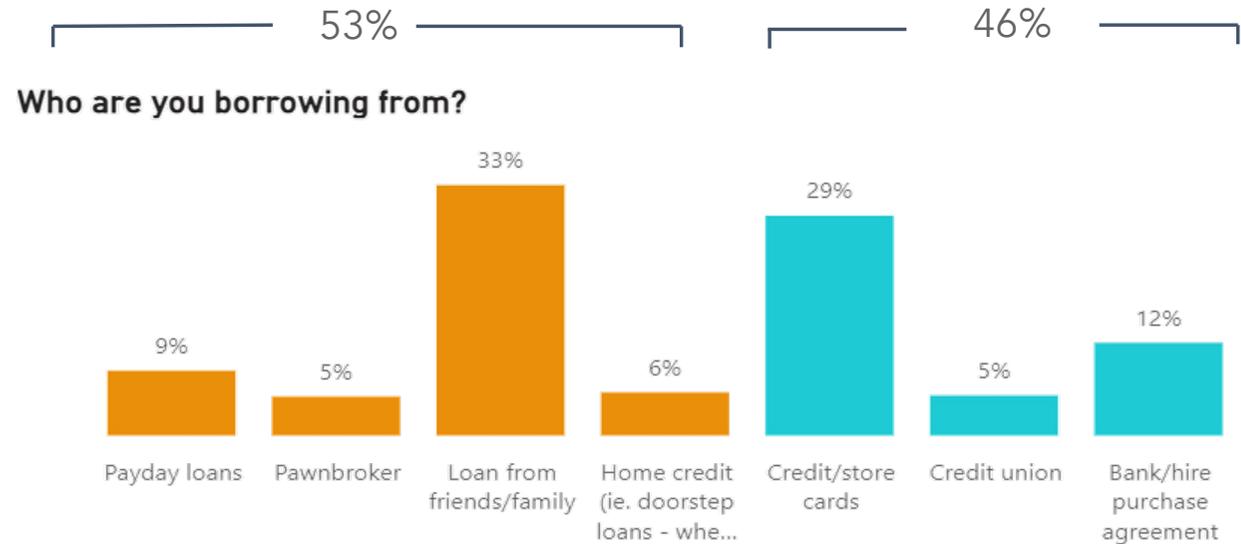
What are you borrowing for?



Official statistics on borrowing may not show the full picture.



- Most instances of borrowing for our members are occurring through informal routes [shown in orange], which may not be picked up on national statistics on borrowing, hiding the scale of debt being built up.
- Stakeholders need more ways of understanding the true picture if we are to fully understand the scale of the debt issue which is building.

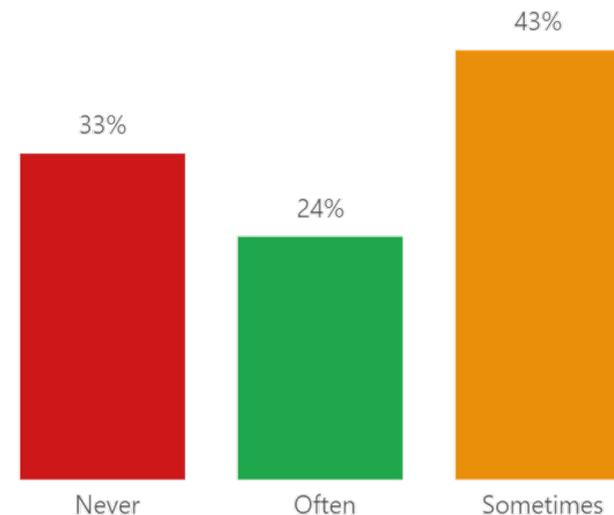


Creating a reason to gather builds communities and reduces social isolation.

- The TBBT service brings 60-70 members to the hub every week at the same time.
- 33% of these members had never used their TBBT hub venue before becoming a member. Using food as a hook, brings local people together regularly.
- By creating a welcoming space every week, 56% of our members feel less alone and half have made new friends.
- 73% of members also said that they felt more involved with the community as a result of joining TBBT, and 96% feel welcome coming to TBBT.



Before joining TBBT, did you use your hub venue?



Hubs that offer a social welcome deepen our impact.

- After the success of our “Warm Hubs” initiative in 2022, we have continued the idea of having a warm, social place to visit before shopping through TBBT’s “Big Brew Time”.
- Since it’s launch in winter 2023, Big Brew Time is running across the majority of our hubs and we have had over 25,000 visits so far.
- These visits are not only helping to reduce the impacts of social isolation for our members, but the wider community are also welcome to come along for a cup of tea and a chat.
- 1/3 of our hubs have had people from the wider community coming along, which shows that Big Brew Time can reach further than just our members. 98% of our members agree that TBBT is good for the community, showing that by offering a warm, friendly space to meet with members of the community, we can create a positive impact no only for our members but the communities that we work in.



The bread and butter thing.

Thank you

