

## FOOD RESOURCES

### Too Good to Go App

This money saving app allows you to get a 'magic bag' of food from many big name cafes, restaurants and supermarkets in your area. Often, you will get over £10 worth of food for under a fiver. Magic bags are updated at various times daily, so it's useful to check back to see what's available.  
[www.toogoodtogo.com](http://www.toogoodtogo.com)



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### BBC Food recipes

The BBC Food channel is just one of many online resources for meal ideas that cost very little per head. Of course, use of gas or electric is a factor, so check out the cooking time that is usually shown along with each recipe. Recipes are also shown that can be used in microwaves and slow cookers. The link below has lots of well-known favourites such as spaghetti, pasta bakes, and budget burgers.  
[www.bbc.co.uk/food](http://www.bbc.co.uk/food)



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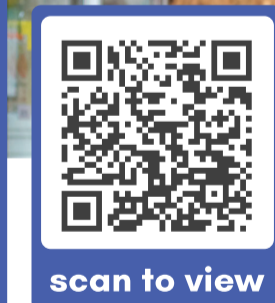


### Find a Food Bank

In order to get help from a food bank you will need to be referred with a voucher. You can search through the Trussell Trust 'Find a Food Bank' tool. The site tells you what to expect when you visit. All volunteers are trained in providing support and creating a comfortable environment.  
[www.trusselltrust.org/get-help/find-a-foodbank/](http://www.trusselltrust.org/get-help/find-a-foodbank/)



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### Community Grocery

If you have a store near you, you can sign up and pay a £5 annual fee. This allows you to do up to three shops per week of produce that has been donated by supermarkets.  
[www.communitygrocery.org.uk](http://www.communitygrocery.org.uk)



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### Community Store

Powered by surplus and donated food from supermarket partners, Community Store offers food and household products from well-known brands at deeply discounted prices.  
[bit.ly/community-store](http://bit.ly/community-store)

### Google Maps

You can quickly find Community Shops or Stores on Google Maps. It often gives detailed results such as opening times, phone numbers and links to individual websites.  
[maps.google.co.uk](http://maps.google.co.uk)



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## LIFE SKILLS AND MONEY RESOURCES

### Christians Against Poverty (CAP)

On the homepage, you will find links to local CAP provision by clicking 'Get help near you'. Please note, CAP offer support to everyone, regardless of religious orientation. CAP offer Life Skills courses over 8 weeks as well as Debt Advice.  
[www.capuk.org](http://www.capuk.org)



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### Snowball method

The 'Snowball Method' of reducing debt.  
[bit.ly/snowball-debt](http://bit.ly/snowball-debt)



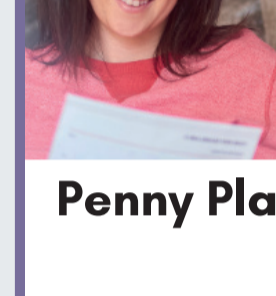
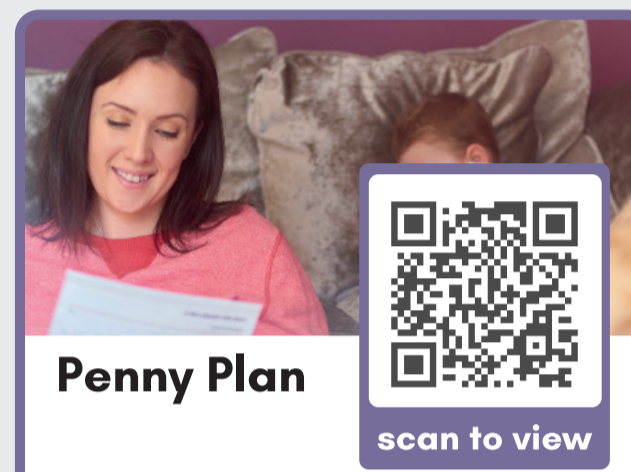
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### Money Helper

For guidance on benefits, money troubles, saving, family care and more. Money Helper has lots of tools to help everyone navigate the cost of living. Free and impartial help with money, backed by the government  
[www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)



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### Penny Plan

This service has been reviewed by the author. Online self referral form and fast call back from an impartial and highly skilled advisor. Part of government backed schemes/options to write off unaffordable debt.  
[www.pennyplan.co.uk](http://www.pennyplan.co.uk)

### 'Multiply' Mathematics Courses

Having numeracy skills is important, not only to help with personal budgeting and money management, but also as a basic requirement for most jobs. This is where Multiply comes in! The link below will take you to the homepage, where you can click to find a course, or test your current numeracy level.  
[bit.ly/multiply-course](http://bit.ly/multiply-course)



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### Step Change

A charity that offers free and expert advice in dealing with debt and getting the support you need:  
1.They'll help you work out your budget, income and debts  
2.They'll use this information to find a solution to your debt that suits your situation  
3.They'll set up your debt solution, and offer support however long it's needed  
[www.stepchange.org.uk](http://www.stepchange.org.uk)



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### Money and Mental Health Policy Institute

The Money and Mental Health Policy Institute is campaigning to address mental distress in several ways—including calling for people with mental health problems to be entitled to national concessionary travel schemes and local authority discretionary schemes. This would allow people to spend less on public transport when needing to travel for treatment.  
[www.moneyandmentalhealth.org](http://www.moneyandmentalhealth.org)



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### The Children's Society

Specialist support that empowers young people to make positive changes and rediscover their hope. Whether living in families that cannot afford their next meal, or have taken on more than expected, by becoming a carer.  
[www.childrensociety.org.uk](http://www.childrensociety.org.uk)

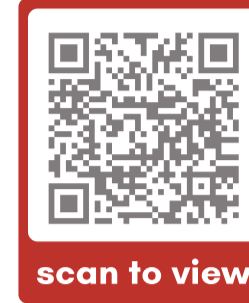


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## DATA & CONNECTIVITY

### Giffgaff

The great thing about Giffgaff (apart from the Yorkshire accent voicemail greeting) is that you control your tariff and can change it monthly to suit your budget. The service is essentially Pay as You Go but works as a rolling contract, with tariffs starting at £6 per month. Giffgaff operates with the O2 network, which means you will have good coverage in most areas of the country.  
[www.giffgaff.com](http://www.giffgaff.com)



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### National Data Bank

An UK-wide initiative by The Good Things Foundation, The National Data Bank has thousands of centres that offer free wifi for anyone who qualifies according to a set of criteria, available on the website. The databank has been built with data donated by Virgin Media O2, Vodafone and Three. Many access points are within local libraries.  
[www.goodthingsfoundation.org/databank](http://www.goodthingsfoundation.org/databank)



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### Social tariffs for cheaper broadband

If you or someone in your household claims Universal Credit, you could switch to any of the tariffs available. Some providers also include people on other benefits such as Pension Credit, Employment and Support Allowance, Jobseeker's Allowance, and Income Support. The person receiving the benefit will need to be the main person on the contract.  
[www.ofcom.org.uk](http://www.ofcom.org.uk)



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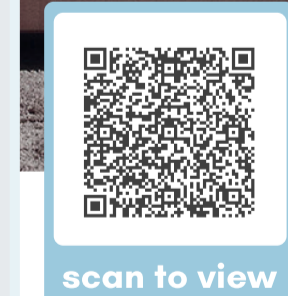
## ENERGY ADVICE & TOOLS

### Green Doctors

Green Doctors are professionals who come to your home and assess where you might be losing money on heating and electric. Groundwork's Green Doctors help UK residents stay warm, stay well, and save money on household bills.  
[www.groundwork.org.uk/greendoctor](http://www.groundwork.org.uk/greendoctor)



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### Quartz Heaters

This webpage explains the way infra red heaters work and why quartz heaters are all-round the best option for cost-effective heating. You can buy small quartz heater for £20-£30 and it costs much less per hour than a ceramic heater because the output is immediate (whereas the material of a ceramic heater has to heat up first).  
[www.cassosolar.com](http://www.cassosolar.com)



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### BG Energy Trust

The British Gas Energy Trust is an independent charity that can help - no matter who supplies your energy. They offer a direct access energy debt programme - awarding grants to households that remove energy debt and fund emergency fuel credit. They can also signpost to support from your energy provider if different to British Gas.  
[www.britishgasenergytrust.org.uk](http://www.britishgasenergytrust.org.uk)

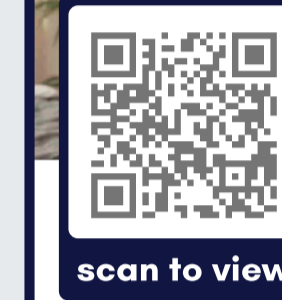
## HOUSEHOLD & CLOTHING

### The Reuse Network

The Reuse Network saves good quality, donated household items from going to landfill, by selling them at affordable prices. The quickest way to find a centre near you is use the interactive map, click on a regional circle to zoom in and reveal specific centres.  
[www.reuse-network.org.uk](http://www.reuse-network.org.uk)



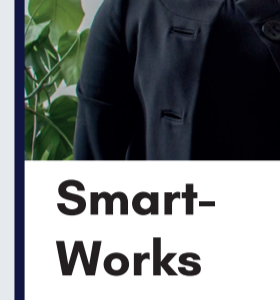
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### Vinted

Vinted started out as an app to buy and sell good quality, preloved clothes. It has broadened out into an online marketplace, including home goods, entertainment and pet care. There are some advantages of Vinted over similar platforms - to join is free, and you keep everything you earn from sales. Open reviews help buyers choose trustworthy sellers.  
[www.vinted.co.uk](http://www.vinted.co.uk)



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### Smart-Works

"We believe in the power of clothes and coaching to transform a woman's confidence." Please note that this is one of two services on this resource wall that requires a referral from employment related services. From the main page you can use the drop-down menu to find a local centre in Birmingham, Greater Manchester, Leeds, London Newcastle and Reading.  
[www.smartworks.org.uk](http://www.smartworks.org.uk)



# Cost of Living Resources