FOOD BANK AID
Keeping the food banks fed

FOOD BANK AID
Annual Report 2026



FOOD BANK AID

Letter from our CEO



Hello.

The past twelve months have brought significant change - internal and external, personal and political. For a charity in its sixth year, the saying feels especially true: the only constant is change.

We have seen change across our network of food bank partners, many adapting to new operating models or facing challenges with fundraising and premises. We face similar pressures too, while staff and volunteers have also come and gone.

Externally, there is renewed focus on tackling food poverty, including a Government-backed scheme in the April 2026 Budget to make redistributing surplus food to charities cheaper than disposing of it for manufactures.

Retailers, suppliers, campaigners and charities have also proposed a **Good Food Bill:** a framework to make nutritious food affordable for everyone, reduce childhood obesity, and protect households and farmers from inflation and climate shocks by strengthening UK fruit and vegetable production

With **The Food Foundation** estimating that an average family would need to spend 85% of its income to eat healthily, and with 1 in 3 Londoners living in poverty, the need around us remains clear. **Half of our food banks** told us that they were worried or extremely worried about increased demand for their services in the next six months.

So where does that leave Food Bank Aid?
We will keep lending our voice to these longer-term aims, while continuing to fill the gaps here and now for our North London neighbours, for whom employment, housing and energy costs hit hard every day.

We do this alongside expert community partners, helping to address not only hunger itself, but the wider issues behind it.

None of this would be possible without the daily commitment of our incredible volunteers, funders, staff and supporters as well as the valuable time and guidance of the Food Bank Aid Board of Trustees.

Thank you so much for helping to fill North London cupboards, tummies, hopes and dreams.

Alyson Walsh

Alyson Walsh, CEO

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Impact At A Glance

June 2025 to June 2026

£1,500,427
Value of Food Items Distributed

31
Food Banks Supported

3,349,329
Food Items Distributed

8
London Boroughs Supported

100,735
Food parcels distributed

7 Staff Members

422 Volunteers

2,000 Pupils
participating in food insecurity assemblies, workshops, and food drives

30,027
Volunteer Hours Donated

£211,280
Value of donated goods

36,317
Households Supported

£438,344
Value of Volunteer Hours
(at £14.60 per hour)

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Keeping the Food Banks fed

In the last 12 months, we distributed **£1,500,427** worth of goods, ranging across fresh produce, eggs, store cupboard essentials and a range of toiletries and personal care products, aimed at ensuring dignity and well-being.

This sum equates to **3,422,875** items, which makes for **13,691** items distributed per day, **5** days a week, **50** weeks of the year, to our food bank partners and their clients.

We are proud to support organisations across North London, stretching all the way from Watford and Harrow down to Euston and Islington. These include charities such as **Sufra** which offers a breadth of services and activities, such as benefits and financial advice, and **Homeless Action Barnet**, which provides accommodation signposting.

Both organisations have successfully helped clients change their lives. Clients like **"James"**, who experienced homelessness as a student. Thanks to the meals and support which **Homeless Action Barnet** offered, James was able to find accommodation whilst completing his degree and is now job hunting equipped with his new qualifications.

Outcomes like these show the benefit of wraparound services alongside food support, which together can build independence and resilience for food bank clients.

The rising costs of food and goods have hit our own budgets as hard as they have consumers' pockets. Because of this and combined with the increased challenges in fundraising, we took the difficult decision in 2025 to lower the volumes of goods we distributed to our food banks, whilst we reviewed our procurement options and supplier base.

Going forwards, we are delighted to report we are ready to on-board new food banks.

"The regular support from Food Bank Aid has been a pillar of stability for My Yard. It is not just the food, but the ability to ask for key items or know we can access help if things go wrong.

Our staff and volunteers work really, really hard and are constantly on call, so to have one thing that is easier and reliable has been a source of relief and inspiration, so it would really decrease morale when everything else can be a real struggle."

Rachel Dimond
Founder of My Yard Charity



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"I am failing my kids every day. They deserve better."

Spotlight: Nadia's Story

As a single mother of two young school-aged children, Nadia was working part-time on a zero-hour contract. Her income was completely unpredictable. Despite working as much as she could around the school run, she could not make ends meet.

She was exhausted, isolated, and her mental health was going downhill, fast.

She needed a lifeline.
She received access to food from a Food Bank Aid partner in Wembley, and together with their wider services, it removed the worry of buying food, gave her quality time with her family, and enabled her to meet others in the community so she no longer felt alone.

While the family was being fed, the food bank's advice team stepped in.
They helped Nadia manage her mounting debt and ensured she was receiving all the benefits she was entitled to. They also ensured she received dedicated mental health support from a specialist partner.

Today, Nadia is no longer in crisis, her mental health has dramatically improved, and with the food bank team's support, she recently secured a much more stable part-time job.



"A father came in with his family and when we handed over a Christmas Hamper, he started to cry. He was very happy. He said no-one had ever given him anything."

Antonella
Food Bank Manager, Finchley

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How we work

Food Bank Aid plays a vital role in supporting food banks across London by providing over one hundred essential items tailored to meet diverse client needs. These include specific products such as appropriately sized nappies, culturally suitable ingredients, and formats suitable for all cooking environments, ensuring dignity and respect for all recipients.

Our approach is unique

We are the only London food charity strategically purchasing goods, rather than relying on product donations from the public or surplus supplies from manufacturers.

We fill the critical gaps left by these approaches, sourcing items like cooking oil, toothpaste, and baby milk powder that are often costly or unavailable through donations.

We also supply culturally and dietary-specific foods, such as kosher and halal options, to better serve diverse communities.

Your generous support enables us to continue this vital work, making a tangible difference to the lives of those facing food insecurity and ensuring that no one is left behind due to a lack of suitable essentials.

Our partnership with food banks requires them to maintain a register for monitoring and data collection on clients. Additionally, they must offer on-site wraparound services, including advisors who provide guidance on benefits, budgeting, housing, and health. These services aim to empower individuals, helping them transition out of food bank dependency and achieve stability.

We add value by creating a forum for best practice sharing and a safe space to discuss and resolve food bank challenges.

Food by itself isn't the sole solution, but it fills an immediate need and starts the path to future change.

The *Formula* for Fighting Hunger



For every £1 invested into Food Bank Aid's network of food banks, £12 of social value is created*

* calculation according to The University of Hertfordshire Social Value calculator.

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Spotlight: Education & Employment

One of the food banks supported by Food Bank Aid is **Light Project Pro International (LPPI)** in Islington. In addition to their weekly food bank on Wednesday mornings and a Winter Warm Space from Monday to Friday, they offer a wide variety of support services to local residents.



Light Project: Children's Workshop

Their **21st Century Workplace Skills** programme supports unemployed 18–24-year-old Islington residents, that are not in education or training, into sustainable paid work. For younger residents there is a weekly Saturday morning **Homework Club** where children between the ages of 5 and 16 can bring in their school homework and receive additional help and support across Maths, English, Science, History and Geography.

"The help from the Tea, Tech and Biscuits team was invaluable. I was able to successfully book my Dial-a-Ride journeys."

Light Project Beneficiary

Health and well-being activities such as **Chair Yoga** ensure that people of any ability can take part in exercise, whilst a **Tea, Tech and Biscuits** class every Thursday is a free tech support service designed to help over 50s with one-to-one support navigating smartphones, tablets, laptops and the internet.

LPPI is a fantastic example of providing food aid alongside essential support in Islington.



Light Project: Tea, Tech, & Biscuits



Light Project: Chair Yoga

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Providing targeted support

Our Key Categories of goods distributed during June 2025 - June 2026

"It's so important that we have protein in every food parcel for the children."

Lindsey Wylie
Food Bank Manager AWTF, Islington

Protein



Between June 2025 and June 2026, we supplied **233,606** eggs - an essential source of protein and vital vitamins A, B, D, E, and K - providing food banks with a crucial nutritional boost.

We distributed **133,276** tins of fish, such as sardines and tuna. These prove very popular as they meet a a variety of cultural dietary needs.

Pulses, both dried and tinned versions, bulk out stews, soups and salads, suitable for vegetarians and vegans alike.

Toiletries



Sadly children and young people in the most deprived areas in England account for the highest proportion of decay-related hospital tooth extractions.

With 1 in 5 children skipping using essential toiletries such as toothpaste and soap because their families are prioritising food purchases instead, Food Bank Aid has been running specific dental care campaigns over the past year as part of our Schools Outreach programmes.

Your continued support is vital in helping us make a lasting difference in the lives of children facing hygiene-related challenges, as well as adults to whom we have distributed a total of **141,834** hygiene-related items.

Fresh Fruit & Vegetables



From easy peel citrus fruit ideal for little hands, to leafy dark vegetables packed with vitamins and minerals, Food Bank Aid's consistent range of fresh produce is always of a high standard and with at least one week's life left.

We are not reliant on seasonal gluts which are offered at the last minute and which limit use. We distributed a total of **424,364** fruit and vegetables between June 2025 and June 2026.

Household & Cleaning Products



We never underestimate the anxiety felt by not having access to these products.

Household essentials such a toilet paper, laundry tablets and cleaning products all contribute to lives lived with dignity, allowing children to attend school in clean uniforms and adults to show up for work or interviews, feeling fresh and confident.

We distributed **221,159** cleaning products in the past 12 months.

"Thank you very much. What a thoughtful gluten-free package, which I can eat. This has cheered me up enormously."

Nicola
Food Bank Client

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Volunteers *At the heart of our organisation*

Our volunteers are the lifeblood of our whole operation; a workforce of almost 400 dedicated helpers, providing support in so many different ways in tandem with our small staff team of seven.

Our last volunteer survey highlighted that **77%** of volunteers took part in Food Bank Aid activities on a weekly basis, showing a high level of ongoing commitment and engagement, with **11%** of respondents volunteering once or twice a month and **12%** on a more occasional basis. An equal share of volunteers have been actively helping for 1-2 years and 3-5 years, which suits us perfectly as we love our Food Bank Aid Family stalwarts, whilst also making new friends!



Volunteers' Week Activity 2026

The main motivation for volunteers coming to Food Bank Aid is to "Give Back to the Community", as it gave them a 'sense of purpose' whilst also 'helping to tackle food insecurity'.

We share our grateful thanks to everyone who has supported Food Bank Aid with their time and skills







WITHOUT OUR VOLUNTEERS, WE WOULD NOT BE ABLE TO:

- Pick, pack and sort products.
- Portion bulk pulses, rice and tea into weekly portions.
- Drive deliveries out to food banks.
- Collect food donations from local neighbourhoods and schools.
- Maintain and review policies.
- Research new opportunities for community partnerships fundraising.
- Attend fundraising events.
- Analyse data from surveys and price comparisons.
- Steer the organisation's governance and vision.

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Pregnant and facing homelesness

Spotlight: Sara's Story

When Sara knocked on the door at one of our partner food banks, she was six months pregnant, caring for a toddler, and living in constant fear. Her landlord was harassing the family and repeatedly trying to break into their home – until the police had to intervene.

Sara's landlord tried to force her family out without a legal eviction notice. Terrified, unable to understand her rights, she was on the brink of becoming unlawfully homeless with her new-born baby.

Luckily she wasn't left to face this alone.

The advisory team at the food bank challenged the landlord and **stopped the unlawful eviction** and then navigated the housing system on her behalf and secured safe accommodation for her family.

When her baby arrived, the food bank helped Sara set up her new home with food, essentials, and practical support.

Today, **Sara and her children are safe, settled, and thriving** - because your support meant **Food Bank Aid** could act when it mattered most.

Your generosity helps families like Sara's start a new life with the vital products they need.



"We had a lady come in with two small children. She was in tears. The washing machine had broken down and she didn't have enough money to do all the washing that week. We were able to give her laundry tablets from Food Bank Aid.

We really couldn't run as efficiently and serve as many clients without Food Bank Aid."

Alison
Food Bank Manager, Hornsey

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Impact survey learnings

Food Bank Aid undertook its first ever **Impact Survey** in 2026 to quantify the role it plays for its food bank network. Two thirds of responding food banks reported a very high level of satisfaction with their partnership, highlighting Food Bank Aid as a key source of stability, food supply, toiletries, cleaning products, time savings and budget relief.

With the increase of energy and food costs for food bank clients, **86%** of partners confirmed that demand for their services had risen across over the past 6 months and **91%** expected further increases during the rest of 2026.

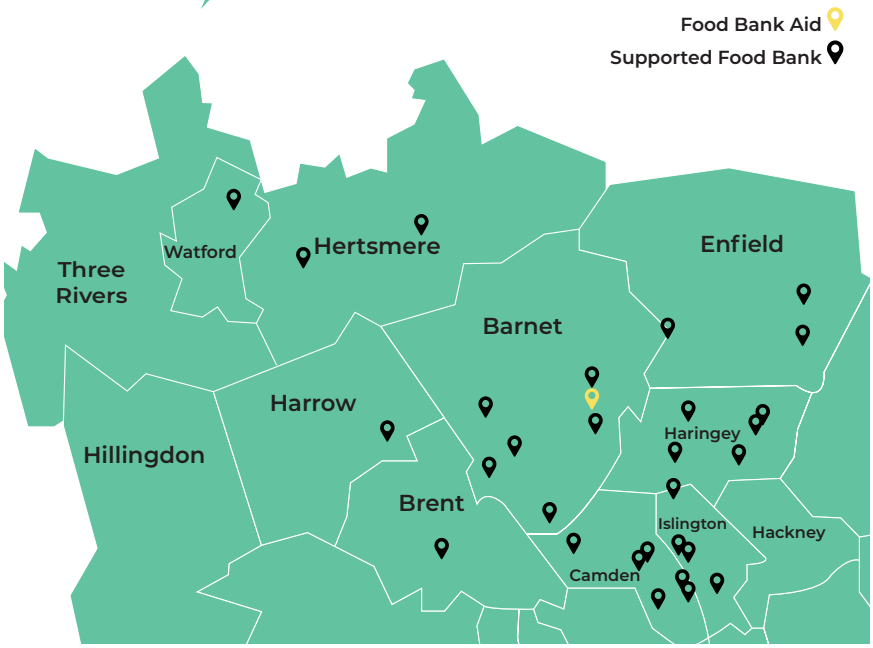
Worringly, **29%** of partners are struggling to keep up with the existing demand. **48%** of partners they would face serious financial and operational strain without Food Bank Aid's support with **62%** anticipating having to cease providing food to clients.

Profile of our Food Bank network
76% support people on low or no income and families with children.
91% of food bank partners support people with mental health problems.
61% support older people.
71% support people with learning difficulties.

"Every day, we hear from parents who are skipping meals, drowning in debt, and battling despair - just to ensure their children have enough to eat."

Fahim
Sufra Charity Manager, Wembley

Food Bank Aid's role in North London is clearly key for food banks and whether for food supplies, cleaning products, volunteer capacity or funding, we are constantly assessing how we can support their needs more.



Inspiring and motivating the next generation

As well as our daily activities at our Hub, Food Bank Aid runs an active schools programme across North London. Thanks to our school ambassadors, we host regular assemblies and food events to inspire children into community action and understanding.

In Autumn 2025, Food Bank Aid highlighted the importance of starting the day well with breakfast, a category of products which is a pillar of our food provision to food banks every week. In fact, over the past 12 months, we have donated **134,396** packs of cereal, porridge and cereal bars.

The consumption of breakfast by children has been linked to significant outcomes such as future attainment, physical and mental health and even reducing involvement in criminal activities. (*Source: Magic Breakfast*).

We were grateful when **74 schools** participated in our Hungry to Learn campaign, including **Haberdasher Aske** and **Foulds Primary School** who got involved to donate over **8,000** packs of cereal, equating to **104,000** portions of breakfast.





St Mary's School Hampstead Harvest Festival 2025



Young Adults Case Study: Lauren and Sebastian

We're always delighted when young adults show their support for Food Bank Aid. Even when mounting homework and after school activities take up time, some young adults still manage to volunteer at the Hub, as part of a Duke of Edinburgh Award Scheme programme.

Twins Sebastian and Lauren came to the Hub after school each week this Spring Term 2026, despite a very busy schedule which saw them representing Team GB in the Junior Latin / Ballroom Dancing Championships in Blackpool. Aged 14, they helped pack and sort food at the Hub every Tuesday afternoon before going off to train in South London.

If you know a young person looking to take part in Community Action as an individual or with their school, simply contact us for more information.

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Reducing food poverty across cultures, faiths and communities



Mayor of Harrow

Food Bank Aid is committed to engaging people from all backgrounds and cultures, and of all ages, in the fight against food poverty. This has always been as much a pillar of our mission as reducing hunger.

Each year, we partner with the incredible charity **The Diwali Basket Brigade** which galvanises North London communities to come together, donate food items and pack them into hundreds of bags – all in one day!

At the same time, Food Bank Aid has been the beneficiary charity for the **Sukkah in the City** event, run by BCLP Law Firm. Here, members of the Jewish community convene to celebrate Sukkot, giving thanks for the Harvest season.

We are always looking to connect with more faith groups, so please do contact us if you a member of a congregation or community group.



Southgate Mosque with 54 Diwali bags
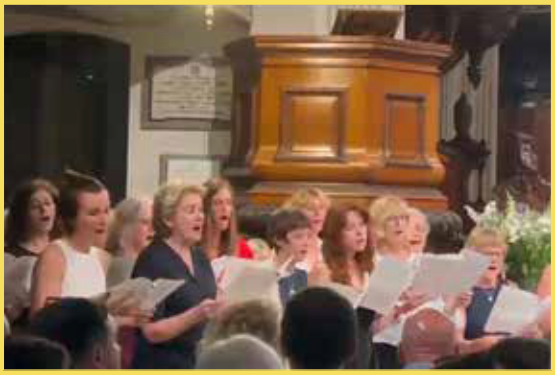


Sukkah in the city event with BCLP

Music has definitely been the food of love for Food Bank Aid in the Highgate and Hampstead communities over the past 12 months.

We were proud to be a partner charity for both the **Highgate Haydn Musical Festival** in January and the **Hampstead Community Choir** whose talented voices raised the roof of the St John's Church in June.

A heartfelt **Thank You** to all of the wonderful musicians and singers who have performed for us this year.



Corporate partners

We are immensely grateful for the variety and breadth of support we receive from our Corporate Partners across so many aspects of our work.

Some support us by gifting essential equipment such as laptops or phones, saving our funds to re-direct into charitable activities. Others provide expert advice in areas such as Legal or Human Resources, strengthening our knowledge and capacity, and becoming key advisors for our projects and service delivery.

We have a variety of programmes to meet CSR, ESG and Social Value objectives, so please get in touch if you know a company who might like to partner with us.

Martyn Gerrard Estate Agents

"For us, supporting Food Bank Aid isn't simply about donating, it's about using our people, our offices and our presence across North London to make it easier for others to help too. Food Bank Aid provides an essential service to our communities, and we're incredibly proud to stand alongside them in ensuring that those facing hardship receive the support they need."

Simon Gerrard
Chairman, Martyn Gerrard Estate Agents



Simon Gerrard

Streathers Solicitors

"Supporting Food Bank Aid aligns closely with our values around building strong relationships, supporting our community and helping people through challenging times. We see first-hand how important it is for individuals and families to have access to the right support when they need it most, which is why we are proud to contribute to an organisation making such a tangible impact."

Cree Becket
Streathers Solicitors

Charles Russell Speechlys LLP

"We see first-hand how Food Bank Aid responds to increasing need within our local communities in such an impactful way. Their work is built on strong, trusted relationships with the food banks they support and driven by an incredible network of volunteers. We're proud to support a charity that truly embodies the concept of community - both in how it is run and how it supports others - prioritising diversity, dignity and choice."

Lydia Johnson
Community Investment Advisor, CRS LLP

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U made it happen!

In March 2026, thousands of donors and supporters responded when we launched our annual Matched Giving Fundraiser for the 5th year running and helped us raise over **£1 million**.

Our **Fill the Hunger Gap** theme campaign illustrated how we work with our food bank partners to understand what they need and the journey of our each donation from our Hub to the food bank.



Fill the Gap Campaign Launch

Food bank partner **Cook for Good** in King's Cross kindly opened their doors for us to film at their premises with Martha taking a starring role to explain how they support local residents.

Against a challenging fundraising background, we saw that the mission to support North London food banks with vital supplies for their clients resonated strongly with our wonderful fundraising champions and their generous donors. Thank you so much!



Martha Ahmet
Community Manager, Cook for Good

Donated goods

During the past 12 months, £211,820 was contributed as gifts in kind.
So many residents and organisations in North London kindly dropped off food and toiletries at our collection points, or organised food drives which help boost our stocks. Thank you.

We are also thankful to **Filippo Berio** for their continued support and generous donation of Extra Virgin Olive Oil, described by food bank managers as **'Liquid Gold'**, as they consider it to be so rare and precious amongst the food items they are able to distribute to clients.

Recently, we were delighted to welcome the manufacturer **Who Gives A Crap** as a Food Bank Aid supporter in 2026. They are now supplying regular donations of environmentally-friendly recycled and bamboo toilet paper.



Staff team

The past 12 months have seen a time of change within the Staff team.

Carly McGoldrick joined Food Bank Aid for one year as Head of Corporate Relations and Impact, a post generously funded by one of Food Bank Aid's foundation partners.

We thank the following colleagues for their valuable contribution this year:
Ian Davey – Fundraising and Database Manager
Paul Kramer – Operations Co-Ordinator
Lee Paris – Engagement and Development Officer

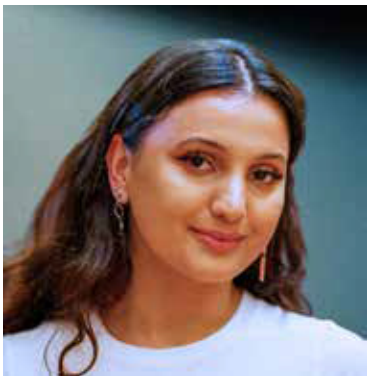
We took the opportunity to reconfigure some of the above roles to better suit the needs of the charity in its sixth year of operation and recruited three new colleagues in early 2026 to build our skills base:



Molly Deal
Facilities and Procurement Officer



Vandana Ozagohil
Fundraising Officer



Heather Piare
Engagement and Development Officer

We therefore remain a lean staff team of seven which is ably supported by our dynamic Board of Trustees.

The Board

Jonathan Dimson stepped down as Trustee in September 2025 at the end of his Term. We are deeply grateful for his wisdom and his continued support facilitating our strategic planning.

The Board as of June 2026

Chris Goodgame
Chair and Treasurer

Ishraq Bhatti
Gideon Chain
Tania Platt
Martin Smith

Kalbir Sohir
Charlotte Souter
Rochelle Trup

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Our heartfelt thanks

Our Founder, Naomi Russell, stepped down as a Trustee in 30th September 2025, but continues to support Food Bank Aid and her vision and influence remains a thread which runs through so much of what we do.

In February 2026, we were thrilled to be chosen as the Charity Partner for the Card and Payment Awards at the Dorchester Hotel, Park Lane. Naomi addressed over 1,000 attendees and did what she does so well – inspired them about the work of Food Bank Aid. This fantastic evening raised **£25,000** - its highest amount to date.
Well done Naomi!

Our North Finchley Hub is a hive of activity six days a week and our premises have been made possible, for another year, thanks to our landlords, **Arada** to whom we are extremely grateful for their generous support.

What Food Bank Aid means to me

"I chose to volunteer because there really is no greater feeling than to know that I'm helping others, and it was also good for my kids to see that I'm giving back to the wider community.

How often do we open a food cupboard to grab a snack to make a meal? We don't give it any thought. If we run out of something, we simply think OK, I'll put it on next week's food shop. Now imagine that isn't the case and you open a food cupboard and there's no food there. There's not enough to grab a snack, let alone make a meal.

And that's why I chose Food Bank aid, because they support not just one, but currently 31 different food banks.

And I know that by me volunteering, I'm directly helping thousands of people I may never meet or know. In addition to that, I've also met some really brilliant, interesting people along the way. Being part of the Food Bank Aid community really is a very special feeling.

So that's why I volunteered, That's my why, and that's why I'll continue to volunteer with Food Bank Aid."

Debby
Friday Volunteer

THANK U

FOR HELPING TO FILL THE GAP



FOOD BANK AID

www.foodbankaid.org.uk

Charity Registration No. 1194314