

The food club model



Food insecurity remains a significant challenge across the UK, with millions of households struggling to access affordable, nutritious food. Food clubs have emerged as a powerful response offering not just affordability, but dignity, connection and wrap-around support.

Through the Nourish the Nation programme, Comic Relief and Sainsbury's supported Feeding Britain, The Bread and Butter Thing and FoodSavers Network to expand the food club model. Since 2022, Comic Relief (£1 million) and Sainsbury's (£6.7 million) have jointly invested £7.7 million to support nearly 600 food clubs, reaching over 296,000 people, and providing millions of meals while reducing food waste and strengthening local communities.



598
Food clubs supported



296,317
People reached



46m+
Meals

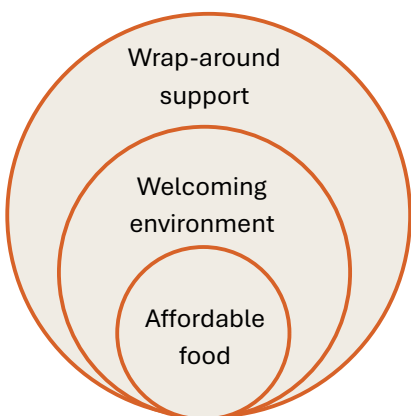
Why food clubs matter

Food clubs are designed not just to respond to crisis, but to prevent it. Unlike food banks, they offer ongoing, reliable access to affordable food, helping people stay afloat rather than step in only at a breaking point. Members pay a small weekly fee and gain access to good-quality food.

My kitchen cupboards are [now] always full... The money that I'm saving there is superb... I can relax all the time now."
(Food club member)

Why they work

Food clubs work by combining 3 elements:



Making a difference

Stronger finances



They free up household income for other essential living costs. This reduces financial pressure, with many relying less on emergency food aid.

Improved wellbeing



Reducing the stress of not knowing where the next meal will come from improves mental health for some.

Healthier lives



Better access to fresh, nutritious food helps people to eat healthier and cook more at home.

Connected communities



Clubs are bringing people together, reducing isolation, and building support networks.

A model for the future

Food clubs are improving people's lives. Rather than just an emergency response, they provide a foundation that helps address multiple challenges, supporting people to live healthier and more stable lives.