

## RECIPES

### Vegetable Curry

INGREDIENTS	COST
Onion	49p
Courgette	62p
Mushrooms	89p
Red Pepper	42p
Cauliflower	89p
Curry Sauce (Jar)	79p
Rice	45p

#### HOW TO PREPARE

Chop all vegetables, fry the onion then add the other vegetables in. Mix in your curry sauce and 400ml water, and simmer for 30 minutes. Serve with rice.

## WHY NOT VISIT?

<https://costoflivingbradford.co.uk/>

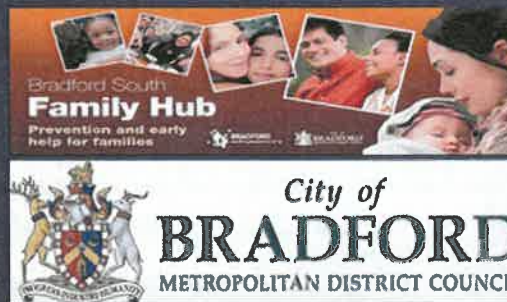
## CONTACT US

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Bradford South Family Hub



## DEALING WITH THE

# Cost of living crisis

A range of tools provided to aid you during the crisis.

Forecasts from the Spring Budget of 2022 predicted that real household disposable income in the UK will fall by 2.2%, which is the biggest fall in living standards since the mid-1950s.

There could be various explanations for this, such as the war in Ukraine affecting inflation of food and energy. Around 87% of UK adults have reported a cost-of-living increase, and for the most vulnerable families, this can be a very daunting aspect.

This leaflet has been produced to offer advice and resources to support families during this potentially difficult and stressful time.



## WARM SPACES - BRADFORD

### BEACON COMMUNITY CHURCH "FOOD FOR THOUGHT" COMMUNITY CAFÉ

91-93 Beacon Road, Wihsey, BD6 3ET  
Monday 9am to 11am.

### BUTTERSHAW BAPTIST CHURCH

Buttershaw Baptist Church, The Crescent, Buttershaw, BD6 3PZ  
11:30am to 3:30pm

### FOOTPRINTS FAMILY CENTRE

The Crescent, Buttershaw, BD6 3PZ  
Tuesday 9am to 3pm  
Thursday 9am to 3pm – starting 5<sup>th</sup> January

### HOLY TRINITY PARISH CHURCH QUEENSBURY

West End, Queensbury, BD13 2AW  
Wednesdays 9:30am to 11:30am.

### LADS WEST YORKSHIRE

Grange interlink centre Café Room  
October-January 6pm to 8pm

### LIDGET GREEN HEALTHY LIVING CENTRE

40 Lidget Place, Bradford. BD7 2LP  
Tuesday 10:00am to 13:00pm  
Thursday 12:00pm to 14:00pm (ladies only)

More info can be found at:

<https://costoflivingbradford.co.uk/warm-spaces-directory/bradford-south/>

## FOOD RESOURCES

There are many ways to donate and also receive food in Bradford, more details can be found on <https://costoflivingbradford.co.uk/food-resources/>

### • GIVING

There are hundreds of donation points around the Bradford District, find your local site on the Bradford Foodbanks website: [bradfordfoodbanks.org.uk](http://bradfordfoodbanks.org.uk)

### • RECEIVING

Foodbanks and low cost markets are a useful way of getting free/low cost ingredients to make meals. On the Bradford Foodbanks website there is more information on where you can find your local foodbanks, low cost supermarkets, and emergency food.

### • SOCIAL SUPERMARKETS

The FoodSavers Network aims to reduce dependency on foodbanks and free food provisions by combining sustainable low-cost food markets with easy access to a Credit Union. More information can be found on: [innchurches.co.uk/foodsavers](http://innchurches.co.uk/foodsavers)

## FREE THINGS TO DO

### BRADFORD LIBRARIES

[Bradford.gov.uk](http://Bradford.gov.uk)

### FAMILY ACTIVITIES

[Bradfordmuseums.org](http://Bradfordmuseums.org)

[Dayoutwiththekids.co.uk](http://Dayoutwiththekids.co.uk)

[50thingstodo.org](http://50thingstodo.org)