

3. Shopping and food

In the UK, prices are generally fixed. It is not normally appropriate to barter or bargain over price. Prices can vary between shops.

Most people shop for their food in supermarkets such as Aldi, ASDA, the Co-operative, Iceland, Lidl, Sainsbury's, Tesco and Waitrose. All supermarkets and shops charge for every plastic carrier bag. Remember to take shopping bags with you to avoid these charges. Some supermarkets sell a small selection of Halal food. Look for 'Halal' packaging or in the 'Ethnic Foods' section.

Online shopping

You can also get your groceries delivered to your door. This is helpful if you do not have transport to take you to your closest store. All you need to do is register a free account with your chosen supermarket and have a debit or credit card that you can use online. Delivery fees will vary according to how much you spend on your groceries.

The main supermarkets that currently offer online shopping in our districts are

Aldi - www.aldi.co.uk

ASDA - www.asda.com

Iceland - www.iceland.co.uk

Sainsbury's - www.sainsburys.co.uk

Tesco - www.tesco.com

Waitrose - www.waitrose.com

Speak with your allocated Community Support Officer if you need someone to talk you through the process.

Islamic items

For shops that sell Islamic products including halal produce please contact any of the shops listed below. Most are located in Oxford but may be accessible via public transport if you do not have a car.

- **Willowbrook Farm:** Hampton Gay, OX5 2QQ Tel. 01865 849957
- **Maroc Deli:** 66 Cowley Rd, Oxford, OX4 1JB Tel: 01865 247707
- **Tahmid stores:** 53 Cowley Road, Oxford, OX4 1HP Tel. 01865 203202
- **Pak Halal meat centre:** 235 Cowley Road, Oxford, OX4 1UH Tel. 01865 790849
- **M.A. News and Halal meat centre:** 112 Cricket Road, Oxford OX4 3DL Tel. 01865 790849
- **Shahjalal Grocery Limited:** 64 Broad St, Swindon, SN1 2DX
- **Simpli Fresh:** 236-238 Cowley Rd, Oxford, OX4 1UH Tel. 01865 200600
- **Delis Halal Grocery and Butcher:** 131 Cowley Road, Oxford, OX4 1HU
- **Noor Halal meat centre:** 106 Magdalen Road, Cowley, Oxford, OX4 1RG Tel. 01865 722911
- **Eastern and continental store:** 152 Cowley Road, Oxford, OX4 1JJ Tel. 01865 204791
- **YOM:** 140-142 Broadway, Didcot, OX11 8RJ Tel: 01235 812763

Food support

Food is expensive at the moment, but there is lots of support available. If you or someone you know is finding it difficult to afford food, there are often services in your community that can help. Food banks, food larders, community fridges are all examples of community food services.

You won't be able to get everything you need through the community food network but they will help your money go further.

What are foodbanks and how can I access this support?

3. Shopping and food

Foodbanks provide emergency food to residents in need as a short-term solution for people in crisis. Anyone referred by a professional agency can receive food from a food bank. Some food banks do allow self-referrals. You will usually receive a food parcel, which should contain essentials for the entire household.

What is a food larder and how can I access this support?

Food larders are low-cost membership schemes, open to anyone, where members can access food at a more affordable price. Anyone who wants to save money and reduce food waste can access food from their local food larder. Members can pick up maximum of 10 non-perishable food items per week plus fresh fruit and vegetables.

What are community fridges and how can I access this support?

Community fridges are community generated food sharing programmes which are focused on reducing waste. Anyone can access food from their local community fridge, there are no sign-up or membership fees. Depending on what stock has been donated by local businesses and the wider community, residents can take their fair share.

Please refer to the Local Information section of this welcome pack for details on where your local community food service is and how to contact them. Your Community Support Officer will also be able to advise and connect you with organisations that may be able to help.

Food Support

- **Abingdon Community Fridge**
The Health and Wellbeing Centre, Crabtree Place, Abingdon, OX14 3GD
 - Open Mondays 4-4.30pm, Thursdays 1-2pm, Saturdays 10.30-11.30am
 - Provide surplus food to combat food waste and you do not need a referral to access

- **Abingdon Community Larder**
Trinity Church Centre, Abingdon, OX14 1DB
 - Open Fridays 2-3.30pm
 - Runs a membership scheme to access groceries at a reduced price, for more information: www.sofea.uk.com/community-larder/abingdon-community-larder

- **Abingdon Foodbank**
 - North Foodbank open Tuesdays and Fridays 11am-1pm
Christ Church, Northcourt Road, Abingdon, OX14 1PL
 - South Foodbank open Wednesdays 1-2.30pm
Preston Road Community Centre, Midget Close, Abingdon, OX14 5NR
 - Need to get a referral from the Community Hub at South Oxfordshire and Vale of White Horse District Councils or from Citizens Advice

- **Faringdon Foodbank**
 - Open Mondays, Wednesdays, and Fridays 10am-12pm
 - Need to get a referral from the Community Hub at South Oxfordshire and Vale of White Horse district councils or from Citizens AdvicePlease visit their website (www.faringdon-foodbank.com) for contact details

- **The Mix Community Fridge**
15 Mill Street, Wantage, OX12 9AB
 - Open Monday 2-6pm Wednesday 10am-3pm Saturday 10am-1pm
 - Anyone can collect food from The Mix when they need it you do not need a referral to access this

3. Shopping and food

- **The Mix Community Larder**

Portway Wantage, The Beacon, Portway, Wantage, OX12 9BX

- Open Fridays 2.30-4.30pm
- Runs a membership scheme (£3.50 individual or £7 family + £10 joining fee) to access groceries at a reduced price, for more information please see:

www.sofea.uk.com/community-larder/wantage-community-larder

Healthy Start vouchers

If you're pregnant or have a child under 4, you may be eligible for the Healthy Start scheme. This scheme can help you buy basic foods like milk, fruit and vegetables.

How do I apply?

- Fill in the form online, from the Healthy Start website (www.healthystart.nhs.uk/how-to-apply) then print it off to check and sign or
- Ask your midwife or health visitor for a form or
- Call the Healthy Start helpline (0300 330 7010) to ask for a form to be sent by post.