



## The Bridge Food Project: Information Sheet

Our program is designed to offer longer-term support to individuals and families who are facing financial difficulties, particularly in securing nutritious food. Unlike traditional food banks, which provide short-term relief, The Bridge Food Project serves as a stepping stone between receiving free food assistance and being able to afford a full supermarket shop.

### Who is eligible?

We aim to support individuals and families who:

- Are struggling to consistently afford food but have enough financial means to contribute a small weekly membership fee. Have previously used or are currently using food banks but are seeking a more sustainable and independent approach to food security.
- Are in need of affordable, nutritious food but do not have the financial ability to afford a full weekly shop at a supermarket.
- Are willing to engage in 1-1 and group support with our Bridge support workers
- Our participants typically fall into a "middle ground" - they may no longer need free emergency food from food banks but still face financial constraints that make it difficult to purchase all the food they need from mainstream retailers.

We aim to provide them with affordable food options while offering additional support and resources to help them improve their overall financial and food security.

### What are our goals?

The Bridge Food Project is not just about providing food. Our goal is to:

1. Increase self-sufficiency: We work with participants to help them develop skills like budgeting, meal planning, and cooking on a budget to foster greater food security.
2. Provide holistic support: In addition to affordable food, we connect participants with resources related to housing, debt management, employment training, and mental health support.
3. Build a supportive community: We offer a safe space where individuals can share experiences, set goals, and receive guidance.(fostering new relationships between memberships .
4. Journey towards food security: support members on their journey toward food security by providing a variety of affordable, nutritious foods. We aim to help members transition from relying on short-term food aid to independently managing their weekly food shopping, ultimately achieving long-term financial stability



North Bristol  
& South Glos  
**Foodbank**  
Together with Trussell