

One million adults in UK went entire day without food last month

A million adults in the UK went an entire day without food last month as the cost of living rises, data reveals.

Some 4.7 million adults, or 8.8% of households, [experienced food insecurity](#) in the last month, according to The Food Foundation, an increase from 7.3% in July 2021.

Of those, 1 million reported that they or someone in their household had to go a whole day without eating because they could not afford or access food.



Image:

Some 62% of households experience higher energy bills

“This clearly shows that soaring energy and food prices, along with the removal of the £20 uplift to Universal Credit are having a devastating impact on millions of people across the UK,” the charity said.

The issue highlights the impact of the [rising cost of living](#), which the charity said has seen 62% of households experience higher energy bills and 16% have to cut back on the quality or quantity of food to afford essentials such as their energy bills.

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Meanwhile, 59% of households said they were worried increased energy prices will mean they have less money to afford enough food for themselves or their family.

The cost of living crisis is set to only get worse, with the British Retail Consortium warning prices will continue to rise and at a faster rate than last year.

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“There is little doubt that the cost of living crisis is putting is very real pressure on the ability of many to afford a healthy diet and is set to widen health inequalities further unless the Government acts now,” the charity said.

The Food Foundation surveyed 4,200 adults between 18 and 20 January.

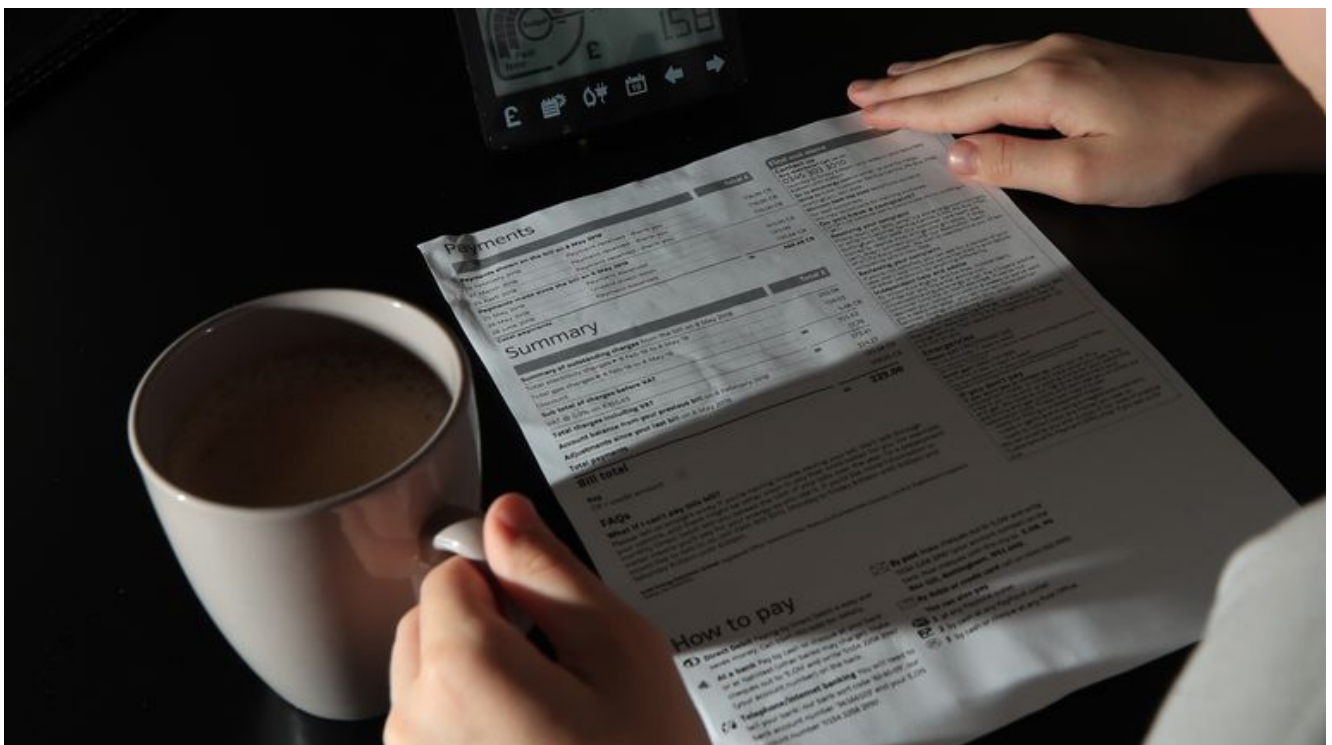


Image:

Some 59% of households said they were worried increased energy prices will mean they have less money

Anna Taylor, executive director of The Food Foundation said: "If the Government wants to really get to grips with the issue, a comprehensive approach to levelling-up must tackle food insecurity head on."

Supermarket makes cheapest range more widely available

It comes as poverty campaigner Jack Monroe [praised Asda for cutting the cost of products in its Smartprice range](#) and making them more widely available.

Ms Monroe had shared evidence showing the price of the cheapest pasta in her local supermarket had surged by 141% in one year, while rice cost 344% more.

Asda said it had taken her comments on board and vowed to stock its lowest-price range in all 581 stores and online.

[Inflation hit 5.4% in December](#), ONS data shows – its highest level in almost 30 years.

Meanwhile energy prices are also surging, with the Bank of England expecting inflation to hit 7.25% in April.