

"When I started getting sanctioned I had to use the foodbank, they charged £2.50 for food, I used to take this out of the £6 I had for the week after bills."

There were 29 foodbanks in 2008-09 there are now more than 2,000. This is an increase of 7,000%.

Please feel free to share: Credit © Les Monaghan www.relativepoverty.org

Data: Guardian, 20 May 2017