

Helping you to access healthy and affordable food in the Vale



SCAN ME

Where Can I Access Food?

Food Vale

Food Vale connects people across the Vale of Glamorgan working with food.

Visit the link for a list of food support available across the Vale, including food banks and community initiatives, where you can access affordable food - [Food Vale website](#)

Fareshare Cymru

Fareshare Cymru have a map detailing all of the food support available across the county here - [Fareshare Cymru map](#)

Food Related Benefits

The local Public Health Team have worked alongside partners to develop a platform of food support available. Visit the link to see what is available and videos showcasing volunteers and projects - [Food Related Benefits](#)

Where Can I Get Advice?

Money Advice and Support

Visit the link to find out about a range of support offered through the council and its partners, including information on training, employment, benefits, housing and energy bill advice -

[Vale of Glamorgan website](#)

For support into employment contact the Communities 4 Work Plus Team on this link -

[Vale Employability website](#)

GVS - Glamorgan Voluntary Services (GVS) helps to improve the quality of life of people and communities by supporting volunteering and groups. Visit the link for a list of services across the Vale - [GVS website](#)

Where Can I Learn About Food?

Public Health Dietetic Team

If you are interested in learning new cooking skills and recipes that are healthy and affordable, visit the link to self-refer to our Get Cooking - [Nutrition Skills for Life website](#)

For nutrition information and resources that will support you and your family to make healthier choices, visit the link - [Keeping Me Well website](#)

