

# "IF THE FOODBOX COULD SPEAK"



Annual Accounts  
Year Ending 31.05.2025

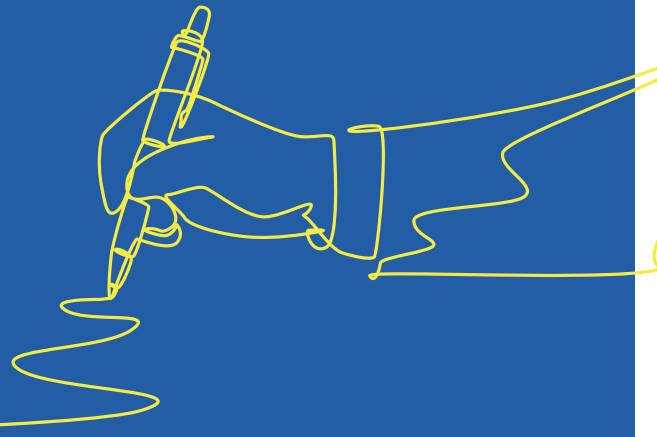


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# MESSAGE OF THE CHAIR:



*Dear Supporters,*

*If the foodbox could speak, it would tell stories of quiet crisis and quiet courage. It would speak of parents going without so their children could eat, of cupboards that echoed with emptiness, and of the moment relief arrived at the doorstep. This year, each box we delivered carried more than food — it carried dignity, reassurance, and the powerful message that no one in our community is forgotten.*

*As we reflect on the past year, I am both proud of our progress and deeply aware of the growing need across our community. We have seen a 30% increase in the number of individuals and families turning to Boxes of Basics for support, with demand rising sharply during the winter months when pressures on household budgets are most acute. Over the course of the year, we supported 1,066 individuals, a stark reminder of both the scale of hidden hunger and the vital role our charity continues to play.*

*Our work is only possible because of the kind generosity of our supporters. I extend my heartfelt thanks to the many local individuals who regularly donate food, ensuring our shelves remain stocked and ready to respond at moments of crisis. I am equally grateful to our local food suppliers who provide generous in-kind donations, especially during the holiday seasons, helping us bring not only nourishment but also comfort and dignity to those we serve.*

*We owe a special debt of gratitude to our donors, whose financial contributions underpin every aspect of our work. Your support enables us to act swiftly and compassionately in response to rising demand. Without your continued commitment, our mission to tackle hunger and reduce stigma would simply not be possible.*

*Alongside our emergency food provision, we have continued to develop our Supported Steps weekly advice and support hub. This vital service offers guidance on benefit-related issues, helping families navigate complex systems and access the support they are entitled to. Over the past year, we supported 94 families through this programme, assisting with benefit claims and applications for DLA and PIP. For many, this has been life-changing, providing stability, advocacy, and renewed confidence during extremely challenging times.*

*Thank you for standing with us and with the families we serve. Because of you, each foodbox delivered is more than a parcel — it is a lifeline, a reassurance, and a statement that no one should face hunger alone. Together, we are making a tangible and lasting difference in the lives of those who need it most, and I look forward to another year of growth, compassion, and collective impact.*

**Usher Mann**

Chair of Trustees



# IF THE FOODBOX COULD SPEAK: WHY I WAS NEEDED

Hunger is a relentless adversary that impacts countless individuals and families within our community. The severity and prevalence of food insecurity continue to rise, driven by economic instability and escalating living costs. Data from a recent Survey of Londoners reveals that one in six (17%) children in the capital experience food insecurity, alongside one in five adults (1.5 million Londoners), 36% of single parents, and 32% of black Londoners.

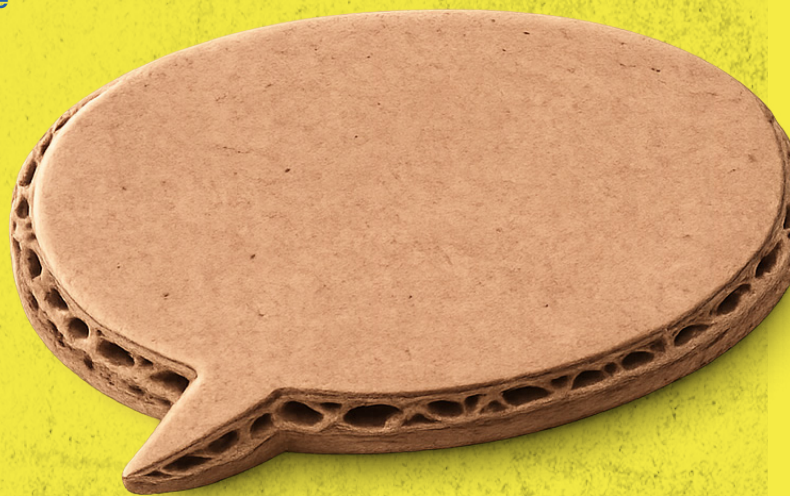
The survey also found that half (49%) of parents with children experiencing food insecurity are socially isolated. Sixteen percent of parents from food insecure households reported being unable to provide balanced meals for their children, and 9% said their children did not always have enough to eat.

This is an unacceptable state of affairs in the world's fifth richest economy.

Each foodbox delivered by Boxes of Basics carried more than essentials; it carried relief, dignity, and the reassurance that no one should face these challenges alone.

This stigma prevents many from reaching out for the assistance they desperately need.

**“EACH BOX WAS  
A CONVERSATION  
WITHOUT WORDS —  
AND A PROMISE THAT  
SOMEONE CARES.”**





# MORE THAN ITEMS: WHAT EACH FOODBOX REPRESENTS

## FRESH FRUIT AND VEG

Over 7 million adults in the UK experience food insecurity, and many rely on the cheapest, most filling foods to stretch limited budgets. Healthy foods such as fresh fruit and vegetables can cost nearly twice as much per calorie as less nutritious options, placing them out of reach for struggling households. This often leads to poor diets and long-term health risks. Boxes of Basics provides fresh, nourishing produce so that poverty does not dictate the quality of a family's diet or their future wellbeing.

## BABY FORMULA

Baby formula is one of the most expensive essentials for new parents, costing around £70–£100 per month for a single infant. Around 1 in 5 mothers experience post-partum mental health challenges, which can make breastfeeding difficult or impossible. For families already under financial strain, the cost of formula can be prohibitively unaffordable, forcing impossible choices between feeding their baby and covering other basic needs. Providing formula ensures infants receive safe, consistent nutrition during a critical stage of development.

## TINNED FOOD

For families facing unstable incomes, tinned and long-life foods are essential lifelines that provide reliable, sustaining meals. Research shows that many food-insecure households regularly skip meals, with some adults going a whole day without eating to ensure children are fed. Non-perishable staples allow families to create balanced meals, ration food sensibly, and reduce anxiety about where the next meal will come from. They offer both practical nourishment and crucial peace of mind during times of crisis.

## HYGIENE PRODUCTS

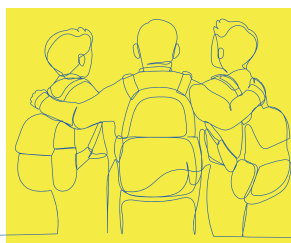
Hygiene poverty affects an estimated 1 in 5 people in the UK, with millions unable to afford basic toiletries such as soap, shampoo, and sanitary products. These essentials are often the first to be cut when budgets are under pressure, leading to impacts on health, confidence, and dignity. By including hygiene items in every box, Boxes of Basics helps families stay clean, well, and respected. This support reinforces that dignity is just as vital as food.

**IF THE FOODBOX COULD SPEAK, IT WOULD SAY: 'YOU ARE NOT FORGOTTEN. SOMEONE PACKED ME WITH CARE, JUST FOR YOU.'**

# CATERING TO DIFFERENT USER COHORTS

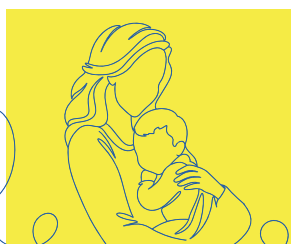
## NOT ALL FOODBANK CLIENTS ARE ALIKE.

We have tailored our support to ensure that each cohort receives appropriate and beneficial assistance.



**Families with School-Age Children:** For families grappling with financial hardship, we provide food boxes that include essential items and nutritious school snacks. These boxes are designed to ease the burden on parents and ensure that children receive the energy and nutrients they need for their academic and social activities.

*“Some days, I didn’t know how I’d manage to pack lunchboxes for my kids when our cupboards were nearly empty. The food boxes have taken so much stress off our shoulders, and the school snacks mean my children can focus on learning instead of their rumbling tummies. It’s such a relief.” – Emma L.*



**Young Mothers with Infants:** Understanding the specific needs of new mothers and their babies, we offer specialized packages that include infant formula, nappies, and baby care products. This support helps alleviate the financial strain of raising a young child and ensures that infants receive the necessary nutrition and hygiene essentials.

*“I was terrified I wouldn’t be able to provide for my baby. The food box with formula and nappies has been a lifesaver. It’s more than food; it’s the comfort of knowing my baby is fed and cared for, even on the hardest days.” – Lila K.*



**Elderly Individuals:** Our Golden Nourish Packs are specifically designed to meet the dietary needs of older adults. Recognizing the unique health requirements of seniors, these packs include carefully selected products that cater to dietary restrictions and preferences, such as salt-free, sugar-free, low-fat, and liquid options. This initiative aims to promote health, well-being, and dignity among the elderly, providing them with both nutritional support and a sense of security.

*“Living on a fixed income, some weeks it’s a real struggle to get enough to eat. The food boxes mean I don’t have to skip meals or choose between heating and eating. It’s not just the food—it’s the dignity of knowing someone cares.” – Margaret H.*

**“IF THE FOODBBOX COULD SPEAK, IT WOULD TELL THE STORY OF TWO WORLDS MEETING — THE KINDNESS OF STRANGERS AND THE COURAGE OF FAMILIES FACING THE UNTHINKABLE.”**

## ANNUAL ACHIEVEMENTS:

**1066**  
INDIVIDUALS  
SUPPORTED

**INCLUDING 435 CHILDREN**

**68 USERS  
REFERRED  
TO DEBT  
ADVICE  
SERVICES**

**93 USERS  
AT OUR SUPPORTED  
STEP CENTRE**

**12 VOLUNTEERS WHO  
ARE PAST USERS.**

**42** VOLUNTEERS

**2684  
FOOD BOXES  
DELIVERED.**



**“IF THE FOODBOX COULD SPEAK, IT WOULD TELL YOU ABOUT THE CUPBOARDS IT FOUND EMPTY, THE PARENTS SKIPPING MEALS, AND THE QUIET RELIEF WHEN HELP ARRIVED AT THE DOOR.”**





# FEEDBACK FROM OUR USERS:

*Margaret, an 82-year-old widow, lived alone on a limited pension. Rising prices meant she often had to choose between heating her home and buying groceries. Her cupboards were frequently bare, and her health was beginning to suffer. Pride and embarrassment prevented her from asking for help, even when she was struggling most.*

*A social worker encouraged Margaret to contact Boxes of Basics, and from the first visit, she experienced compassion and dignity. Her food box included nourishing meals and hygiene essentials, giving her both physical sustenance and emotional reassurance. Over the weeks, Margaret also attended our advice sessions, learning about benefits she hadn't claimed, which provided her with additional financial support.*

*Margaret now volunteers to help deliver boxes to other elderly residents in her community, sharing kindness and support to those who, like her, once faced loneliness and uncertainty.*

*"Receiving the food boxes reminded me that I'm not forgotten. They gave me food, warmth, and dignity when I needed it most." – Margaret H.*

*David and Alisha, parents of three school-aged children, were struggling to make ends meet after both experienced reduced hours at work. With the rising cost of food, they faced the daily stress of providing nutritious meals and filling school snack boxes. Anxiety and exhaustion had become part of their everyday lives.*

*After learning about Boxes of Basics, David and Alisha began receiving food boxes that included essentials, fresh produce, and school snacks. The support was transformative. For the first time in months, their children had healthy meals and snacks, and Jamal and Aisha could focus on work and family without the constant worry of empty cupboards.*

*They also attended our Supported Steps hub, receiving help with benefit applications and guidance on budgeting, which allowed the family to stabilize their finances. The sense of relief and dignity they regained has been invaluable.*

*"We no longer have to worry whether our children will eat properly at school. Boxes of Basics gave us more than food – they gave us peace of mind and hope for the future." – David & Alisha T.*

## IF THE FOODBANK COULD SPEAK: WHAT I WOULD SAY TO YOU

If I could speak, I would tell every donor, partner, and volunteer: thank you. Thank you for filling empty cupboards, for offering hope, and for showing that kindness can be practical and powerful. Every box you helped pack, every item you donated, every hour you gave made a real difference – not just in feeding families, but in restoring confidence, easing worry, and reminding people that they are valued and supported. Your generosity turns silent need into lived relief.





## Reserve Policy

The Trustees aim to maintain unrestricted funds, which are the free reserves of the Charity at a level of at least three months running costs and up to one year's running costs. The Trustees are pleased to have achieved a level of reserves for the Charity this past year, in accordance with their aim.

## Risk Assessments

The trustees have assessed the risks to which the charity is exposed, particularly those related to the operations and finances of the charity and are satisfied with the prudent procedures in place to mitigate the organization's exposure to those risks. Trustees actively review possible day to day challenges and are prepared to take the required measures to resolve any issue that arises.

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of charity's financial position and of the profit or loss of the charity for that period. In preparing those financial statements, the trustees are required to:

## STATEMENT OF TRUSTEE'S RESPONSIBILITIES

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in its activities

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2016. There is no audit requirement for the charity. An independent examiner's report will be prepared by De Claron Ltd.

AUDITOR ON BEHALF OF THE BOARD SIGNED:

*Usher Mann*

Trustee

01/03/2026

*Boxes of Basics*

*For the Period Ending 31 May 2025*

## **INDEPENDENT EXAMINER'S UNQUALIFIED REPORT TO THE MEMBERS OF BOXES AND BASICS LTD**

### **Independent Examiner's Report to the Trustees of Boxes and Basics Ltd**

I report on the accounts of the Charity for the year ended 31 May 2025.

#### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under the Charities Act 2022 (the 2022 Act)) and that an independent examination is needed.

It is my responsibility to

- examine the accounts (under the 2022 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under the 2022 Act); and
- to state whether particular matters have come to my attention.

#### **Basis of independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

#### **Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements

- to keep accounting records in accordance with the 2022 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2022 Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



De Claron Ltd.  
3a The Vale  
LONDON NW11 8SB:  
16 March 2026



# Boxes of Basics Charitable Trust

## - y/e 31.05.2025

### Statement of Financial Activities

y/e 31.05.2025			
Description	Unrestricted Fund (£)	Restricted Fund (£)	Total Funds (£)
<b>INCOME AND ENDOWMENTS FROM</b>			
DONATIONS AND LEGACIES	98,767.85	-	<b>98,767.85</b>
GRANTS	-	-	-
<b>TOTAL INCOME AND ENDOWMENTS</b>	98,767.85	-	98,767.85
<b>EXPENDITURE ON</b>			
AFFORDING IS REWARDING			-
CLOTHING	1,179.00		1,179.00
COST OF LIVING SUPPORT			-
EMERGENCY HELP	5,190.00		5,190.00
EMERGENCY RELIEF	2,569.88		2,569.88
FAMILY CRISIS SUPPORT	-		-
FOOD BOXES	31,301.75		31,301.75
HELPING HAND SCHEME	25,568.86		25,568.86
IMMEDIATE SUPPORT	7,850.00		7,850.00
YOSOM FUND	14,017.00		14,017.00
			-
ACCOUNTANCY	386.40		386.40
OFFICE EXPENSES	-		-
IT & MARKETING	635.00		635.00
TELEPHONE	-		-
WAGES	-		-
BANK CHARGES & INTEREST	3.58		3.58
<b>TOTAL EXPENDITURE</b>	<b>88,701.47</b>		<b>88,701.47</b>
<b>NET RECEIVED</b>	10,066.38		<b>10,066.38</b>
<b>TOTAL FUNDS BROUGHT FORWARD</b>	-	-	<b>61,929.27</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>	-	-	<b>71,995.65</b>

# Boxes of Basics Charitable Trust

## - y/e 31.05.2025

### Statement of Financial Activities

y/e 31.05.2024

Description	Unrestricted Fund (£)	Restricted Fund (£)	Total Funds (£)
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#### INCOME AND ENDOWMENTS FROM

DONATIONS AND LEGACIES	89,982.28	-	<b>89,982.28</b>
GRANTS	-	31,238.00	31,238.00
<b>TOTAL INCOME AND ENDOWMENTS</b>	<b>89,982.28</b>	<b>31,238.00</b>	<b>121,220.28</b>

#### EXPENDITURE ON

AFFORDING IS REWARDING	-	1,981.87	1,981.87
CLOTHING	-	-	-
COST OF LIVING SUPPORT	-	15,694.67	15,694.67
EMERGENCY HELP	-	-	-
EMERGENCY RELIEF	-	-	-
FAMILY CRISIS SUPPORT	-	5,510.60	5,510.60
FOOD BOXES	-	16,111.92	16,111.92
HELPING HAND SCHEME	-	8,244.22	8,244.22
IMMEDIATE SUPPORT	-	-	-
YOSOM FUND	-	-	-
ACCOUNTANCY	1,173.60	-	1,173.60
OFFICE EXPENSES	5,561.33	-	5,561.33
IT & MARKETING	494.88	-	494.88
TELEPHONE	188.40	-	188.40
WAGES	5,825.00	-	5,825.00
BANK CHARGES & INTEREST	-	-	-
<b>TOTAL EXPENDITURE</b>	<b>13,243.21</b>	<b>47,543.28</b>	<b>60,786.49</b>
<b>NET RECEIVED</b>	<b>76,739.07</b>	<b>(16,305.28)</b>	<b>60,433.79</b>
<b>TOTAL FUNDS BROUGHT FORWARD</b>	<b>-</b>	<b>-</b>	<b>1,495.48</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>-</b>	<b>-</b>	<b>61,929.27</b>



# Balance Sheet

	y/e 31.05.2025			y/e 31.05.2024		
	Unrestricted Fund	Restricted Fund	Total Funds	Unrestricted Fund	Restricted Fund	Total Funds
TANGIBLE ASSETS		-			-	
CURRENT ASSETS						
LOAN DEBTORS		5,253.22				
CASH IN HAND & AT BANK		66,742.43			61,929.27	
		71,995.65			61,929.27	
CURRENT LIABILITIES						
LOAN CREDITORS						
OTHER CREDITORS						
NET FUNDS			71,995.65			61,929.27
FUND ACCOUNT			71,995.65			61,929.27
					(0.00)	

**“IF THE  
FOODBOX  
COULD  
SPEAK”**



  
**Boxes of Basics**  
Reg. Charity No. 1186215



# BOXES OF KINDNESS!

'Boxes of Basics' is a charity, passionate to help families and children living with food poverty. As our name declares, we provide boxes of basic food and household essentials. We are a first point of contact for individuals or families in crisis.

