

## Allotments help UK households save millions

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### FOR IMMEDIATE RELEASE

#### Allotments help UK households save millions on food as cost-of-living pressures continue

The National Allotment Society says allotments continue to play a vital role in helping households cope with the ongoing cost-of-living crisis, reinforcing food security at a time when food prices and household bills remain high.

Recent figures show UK inflation has risen again, with food prices a key driver of rising costs. Consumer confidence also remains historically low, underlining the sustained pressure many households are facing.

Against this backdrop, allotment holders across the UK report saving hundreds of pounds a year by growing their own fruit and vegetables, while also gaining access to fresh, seasonal produce that would otherwise be difficult to afford. Research in Brighton & Hove found that allotments in the city produce the equivalent of around **£1.12 million in food annually, demonstrating the real financial value they** bring to local communities. (Brighton & Hove Food Partnership)

"Allotments have long provided practical support for households, and the current economic climate is reinforcing that role," said John Irwin, interim President for the National Allotment Society. "For many people, growing food is the difference between coping and struggling. A small plot can produce a significant amount of food for relatively low ongoing costs."

The Society says demand for allotments remains high, with waiting lists in many areas continuing to stretch for years, as people seek reliable ways to manage food costs and reduce reliance on expensive supermarket produce.

The Bank of England has warned that inflationary pressures are likely to persist, meaning household budgets may remain under strain for some time. The National Allotment Society says this makes access to allotment space a vital form of long-term resilience for communities.

Beyond financial savings, allotments also provide wider benefits during periods of economic pressure, including improved mental health, gentle physical activity, and strong community support networks.

"When money is tight, the social value of allotments matters just as much as the food they produce," John added. "They are places where people share skills, seeds and surplus crops, helping each other through challenging times."

The National Allotment Society is calling on councils and policymakers to protect existing allotment land and invest in new sites, warning that access to growing space is becoming increasingly unequal despite sustained demand.

"Allotments are a low-cost, high-impact resource that already exists in communities," said the Society. "Protecting and expanding them should be seen as a practical response to the cost of living crisis, not a luxury."

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