The three sources that follow are:

- **Source 1**: an online article called, ‘Teenager buys £600 worth of shopping for 4p and donates food to charity’
- **Source 2**: ‘Hunger Hurts’, an extract from a blog by Jack Monroe
- **Source 3**: a charity leaflet from St Mungo’s Broadway.

Please open the insert fully to see all three sources.

Insert
A savvy teenager collected hundreds of coupons to buy £600 worth of shopping for just 4p and then decided to donate the goods to a charity which helps needy families at Christmas.

**Hunger Hurts. (July 2012)**

July 30, 2012 Jack Monroe (Mike/YouTube)

Today he has been fourteen job applications in, for care work, shop work, factory work, minimum wage work, any kind of work.

This morning, small boy had one of the last Weetabix, mashed with water, with a glass of tap water to wash it down with. “Where’s Mummy’s breakfast?” he asks, big blue eyes and two year old concern. I tell him I’m not hungry, but the rumblings of my stomach tell me I am.

I sat at the breakfast table, pencil and paper in hand, and I start to make a list. Everything that I have been either given to me by benevolent and generous friends, or bought when I earned £27k a year and had that fuzzy memory of disposable income. Much of it has gone already.

Tomorrow, my small boy will be introduced to the world of pawnbroking, watching as his mother hands over the TV and the guitar to the pawn shop first, and assuming how much I need a microwave. How much I need a TV. How much I need to have the fridge over the TV and the guitar for an insulting price, but something towards bridging the gap between the fear of homelessness, and hanging in for a week or two more. Stripping back further the things that I can call my own. Questioning how much I need a microwave. How much I need to have the fridge turned on at the minute. Not as much as I need a home, and more importantly, not as much as small boy needs a home.

Poverty isn’t just having no heating, or not quite enough food, or unplugging your fridge and turning your hot memory of disposable income. Much of it has gone already.

Hunger Hurts. (July 2012)

ABOUT JACK               RECIPES               NEWS               THE BOOK               GET IN TOUCH

Dear Friend,

You’ve just found out, opening an envelope doesn’t require much effort. However, even that would be impossible if you had spent the night on the streets.

After lying for hours on cold concrete, with only a thin sleeping bag to protect you from rain or snow, your fingers would probably be so numb that you could barely move them. Unzipping your sleeping bag would only be the first challenge you might face. You’d most likely spend the day trying to find something to eat and somewhere to shelter from the freezing cold.

It sounds like a painful, lonely existence, doesn’t it? You might be surprised to hear that the number of people sleeping rough in London has doubled in the last five years and has increased by 30% across the rest of the country during the last two years.

Once we bring a homeless person out of the freezing cold, we desperately need your help to give them a warm welcome at St Mungo’s.

Please consider giving a Christmas gift of £25, which could provide a homeless person with a St Mungo’s welcome pack.

It could contain a towel, shampoo, soap so a homeless person can have a hot shower and a proper clean up. The difference you could make won’t end there. You see, welcoming someone into warmth and safety is just the start. You really could enable someone to change their life for good.

It’s often just the case that one single event can lead to someone becoming homeless. For Harvey, it was losing his job.

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Since being welcomed into St Mungo’s, Harvey has received treatment for his health and so much more. After lying for hours on cold concrete, with only a thin sleeping bag to protect you from rain or snow, your fingers would probably be so numb that you could barely move them. Unzipping your sleeping bag would only be the first challenge you might face. You’d most likely spend the day trying to find something to eat and somewhere to shelter from the freezing cold.

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