The BMJ

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Cite this as: *BMJ* 2020;371:m4753

<http://dx.doi.org/10.1136/bmj.m4753>

Published: 09 December 2020

THE BMJ APPEAL 2020-1

The charity helping to feed UK families this winter

Tom Moberly *UK editor*

This year *The BMJ*'s appeal is supporting the Independent Food Aid Network, a charity that helps independent food banks and other community meal providers. The covid-19 pandemic has led to a sharp rise in demand for the services provided by independent food banks such as North Paddington Foodbank in London (pictured).

How to donate

The Independent Food Aid Network needs your support: please give generously.

You can donate to the campaign at <https://www.foodaidnetwork.org.uk/bmj>.