

## Life-Gate Inc

1 Olsen Street, Frankston

**11am - 1pm. Phone: 9770 0595 to make an appointment.** *Food hampers and frozen meals.*

## Sikh Volunteers Australia – Free Food Van

Young Street carpark (next to Tasman Meats)

**6pm – 6.30pm.** *Free freshly cooked vegetarian take-away meal for homeless and needy people.*

## THURSDAY

### Frankston Brekky Club

Uniting Church, 16-18 High Street, Frankston

**7am - 8am** (5 days a week)

*Free dine-in cooked breakfast and hot cuppa*

### Community Support Frankston

35 Beach Street, Frankston

**12noon - 2pm** (4 days a week)

*Free take-away hot meal (pick-up only)*

### The Salt Foundation

Suite 1, 18/28 Skye Road, Frankston

**9am - 5pm** (5 days a week)- walk-ins welcome

*Food pantry and frozen meals*

### Theodora's Cheerful Givers

1/12 Govan Street, Seaford. **Phone: 0413 807 763**

**10am – 3.30pm** (5 days a week)

*Free food hampers and frozen meals*

**Free sit-down lunch** available on **Thursdays from 12noon** (please ring before 10.30am to book a seat)

### John Paul College Food Van

Young Street Car Park (next to Tasman Meats)

**5pm - 6.15pm.** *Cheese toasties, Hot drinks, Bakers*

*Delight bread/scrolls, basic food parcels*

## FRIDAY

### Frankston Brekky Club

Uniting Church, 16-18 High Street, Frankston

**7am - 8am** (5 days a week)

*Free dine-in cooked breakfast and hot cuppa*

### Community Support Frankston

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*Food hampers, frozen meals available.*

## SATURDAY

### Project Fresh Start Inc

Orwil Street Community House, 16 Orwil Street, Frankston. **12pm - 1pm**

- **October 5 and 26**
- **November 2 and 30**

*Free healthy fresh plant-based food. Dine-in and takeaway Meals available.*

### Sikh Volunteers Australia - Free Food Van

Young Street carpark (next to Tasman Meats)

**6pm - 6.30pm** (every Saturday)

*Free freshly cooked vegetarian take-away meal for homeless and needy people*

### Vittle Feast – Free Food Hamper

**Phone: 0480 281 906 to arrange delivery**

2<sup>nd</sup> & 4<sup>th</sup> Saturday each month. Sponsored by Heavenly Feast Revival Church. *Valid Concession or Pension Card must be presented to receive food box*

## SUNDAY

**Sikh Volunteers Australia - Free home delivery service every Sunday** for elderly, single parents, International students, homeless and people facing hardship and in need.

**To pre-order SMS/TEXT your name, address, phone and email to: 0452 401 734.**

*(Note: orders must be placed no later than 7pm on Saturday evening). Meals will be delivered between 5-7pm Sunday evening. Freshly cooked vegetarian food*

# Where to Find Food Assistance

October 2024

## In the Frankston Area



## ●Food ●Meals ●Groceries



35 Beach Street, Frankston

Phone: 9783 7284

Email: [csf@frankston.net](mailto:csf@frankston.net)

[www.frankston.net](http://www.frankston.net)

Inc. Reg. No. A0000431J

ABN 95 426 151 625



**Community Support Frankston**  
35 Beach Street, Frankston  
**9783 7284**

Email: [csf@frankston.net](mailto:csf@frankston.net)  
Web: [www.frankston.net](http://www.frankston.net)

**Our telephones are manned on:**  
Monday, Tuesday, Wednesday & Friday  
9.30am - 3.30pm  
and Thursdays - 12pm to 3.30pm

Community Support Frankston is offering Frankston residents a telephone and email based assistance service. You can call and speak with a worker, who will assess your current needs and discuss how we can provide Emergency Relief and essential supports to you. If you don't have a phone - reminder that every Telstra payphone in Australia is now free to use, so please call us.

Community Support Frankston also offer a free take-away hot meal (*pick-up only*) for Frankston Residents every Monday, Tuesday, Thursday and Friday from 12noon - 2pm.

### **Project Fresh Start Community Fridge**

Sharps, 20 Young Street, Frankston

**9am - 5pm Monday to Friday**

*Free Plant-based food.*

Fridge stocked every Tuesday & Thursday afternoon

### **Salvation Army – Carrum Downs**

1265 Frankston-Dandenong Road, Carrum Downs

**10am - 2pm Tuesday to Friday**

**Phone: 9775 1915 to make an appointment**

*Offering food hampers and toiletries*

### **St. Vincent de Paul (Vinnies)**

**For assistance ring the Frankston Call Centre on 9769 6060.** Offering in-home based support services. A Vinnie volunteer will ring you to interview you and arrange a suitable time to visit. Call limits apply. **Phone lines are open 9am - 11.30am Monday to Friday** (no active voicemail).

## MONDAY

### **Frankston Brekky Club**

Uniting Church, 16-18 High Street, Frankston

**7am - 8am** (5 days a week)

*Free dine-in cooked breakfast and hot cuppa*

### **Community Support Frankston**

35 Beach Street, Frankston

**12noon - 2pm** (4 days a week)

*Free take-away hot meal (pick-up only)*

### **The Salt Foundation**

Suite 1, 18/28 Skye Road, Frankston

**9am - 5pm** (5 days a week)- walk-ins welcome

*Food pantry and frozen meals*

### **Theodora's Cheerful Givers**

1/12 Govan Street, Seaford. **Phone: 0413 807 763**

**10am - 3.30pm** *Free food hampers and frozen meals*

**Free sit-down lunch** also available on **Mondays from**

**12noon** (please ring before 10.30am to book a seat)

### **Life-Gate Inc**

1 Olsen Street, Frankston.

**11am - 1pm. Phone: 9770 0595 to make an appointment.** *Food hampers and frozen meals.*

## TUESDAY

### **Frankston Brekky Club**

Uniting Church, 16-18 High Street, Frankston

**7am - 8am** (5 days a week)

*Free dine-in cooked breakfast and hot cuppa*

### **Community Support Frankston**

35 Beach Street, Frankston

**12noon - 2pm** (4 days a week)

*Free take-away hot meal (pick-up only)*

### **Pantry Plus - Peninsula Christian Care**

252 Frankston-Flinders Road, Frankston

**Tuesday 10am - 2pm** by appointment only

**You must phone first to book an appointment on 5971 4877** (phone between 10am-1pm Thursday the week before or Monday the day before). *Pantry, fridge/freezer items, fresh fruit, vegetables, bread*

### **The Salt Foundation**

Suite 1, 18/28 Skye Road, Frankston

**9am - 5pm** (5 days a week)- walk-ins welcome

*Food pantry and frozen meals*

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1/12 Govan Street, Seaford. **Phone: 0413 807 763**

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### **Turningpoint Seaford Church**

Guide Hall, 224 Seaford Road, Seaford

**1pm - 2.30pm** (*Tuesdays - not School Holidays*)

**Phone: 9785 7229**

*Fresh food, fruit, vegetables, pantry items, toiletries. Also a cuppa and chat, donuts and pizza.*

### **John Paul College Food Van**

Young Street Carpark (next to Tasman Meats)

**5pm - 6.15pm.** *Cheese toasties, Hot drinks, Bakers*

*Delight bread/scrolls, basic food parcels*

## WEDNESDAY

### **Frankston Brekky Club**

Uniting Church, 16-18 High Street, Frankston

**7am - 8am** (5 days a week)

*Free dine-in cooked breakfast and hot cuppa*

### **High Street Uniting Church**

16-18 High Street, Frankston

**12noon - 1pm** *Community BBQ Lunch*

### **The Salt Foundation**

Suite 1, 18/28 Skye Road, Frankston

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*Food pantry and frozen meals*

### **Theodora's Cheerful Givers**

1/12 Govan Street, Seaford. **Phone: 0413 807 763**

**10am - 3.30pm** (5 days a week)

*Free food hampers and frozen meals*

### **Wildpath**

Located in the Ambassador Chapel, 51/325 Nepean Highway, Frankston. **Phone: 9785 7229**

**10am - 2pm** (Wednesdays)

*Fresh food, fruit, vegetables, frozen food, toiletries (subject to availability)*

*Continued over ....*