

THURSDAY

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
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. **0413 807 763**
10am - 3.30pm
Free food hampers and frozen meals

FRIDAY

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
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. **0413 807 763**
10am - 3.30pm
Free food hampers and frozen meals

SATURDAY

Sikh Volunteers Australia - Food Van

Young Street carpark (next to Tasman Meats)
6pm - 6.30pm
Free freshly cooked vegetarian take-away meal for homeless and needy people.

SUNDAY

Sikh Volunteers Australia

Free food home delivery service every Sunday - for elderly, single parents, unemployed, International students and needy people. **To pre-order SMS/TEXT your name, address and email to: 0452 401 734.** (orders must be placed by no later than 7pm on Saturday evening). Meals will be delivered between 5pm-7pm on Sunday evening. *Freshly cooked vegetarian food.*

Where to Find Food Assistance

20 - 31 January 2025

In the Frankston Area



●Food ●Meals ●Groceries



35 Beach Street, Frankston
Phone: 9783 7284

Email: csf@frankston.net 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
Web: 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 Fridges

Sharps, 20 Young Street Frankston **9am-5pm**
Monday - Friday. Free Plant-based food.
Fridge stocked Tuesday & Thursday afternoon

St. Vincent de Paul (Vinnies)

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

MONDAY

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. **0413 807 763**
10am - 3.30pm
Free food hampers and frozen meals

TUESDAY

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
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

Theodora's Cheerful Givers

1/12 Govan Street, Seaford. **0413 807 763**
10am - 3.30pm
Free food hampers and frozen meals

Turningpoint Seaford Church

Guide Hall, 224 Seaford Road, Seaford
****(re-open Tuesday 28 Jan)**
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.

WEDNESDAY

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
9am - 5pm (5 days a week)- walk-ins welcome
Food pantry and frozen meals

Theodora's Cheerful Givers

1/12 Govan Street, Seaford. **0413 807 763**
10am - 3.30pm
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)

Sikh Volunteers Australia - Food Van

Young Street carpark (next to Tasman Meats)
6pm - 6.30pm Wednesday
Free freshly cooked vegetarian take-away meal for homeless and needy people.