

THURSDAY

Brekky Club

Chisholm Institute, (Building N) Bunurong Café.

7am - 8am (5 days a week)

Take-away only. *Free cooked breakfast and hot cuppa*

Community Support Frankston

35 Beach Street, Frankston

12noon - 2pm (4 days a week)

Free take-away meal (pick-up only)

Theodora's Cheerful Givers

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

10am - 4pm (5 days a week)

Free food hampers and frozen meals

Salvation Army – Carrum Downs

1265 Frankston-Dandenong Road, Carrum Downs

10am - 2pm (Tuesday - Friday)

Phone: 9775 1915 - Registration is done over the phone and clients can pick-up their items contactless.

Offering fresh food (where available), food hampers, clothing, baby items, toiletries, basic household items.

John Paul College Food Van

Young Street Car Park (next to Tasman Meats)

5pm - 7pm

Toasted sandwiches, soup, noodles, tea, coffee, milo, food parcels.

Connect Community Care

Young Street Carpark (next to Tasman Meats)

Every Thursday from 5.30pm

Free Community Meals

FRIDAY

Brekky Club

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Take-away only. *Free cooked breakfast and hot cuppa*

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Connect Community Care

Young Street Carpark (next to Tasman Meats)

Phone: 0400 492 335

Meal Service and Shower Truck every 2nd & 4th Friday of the month from 5.30pm

Toiletries, towels and a warm meal are provided free of charge. Free walk-up service.

Life-Gate Inc

1a Olsen Street, Frankston. **Phone: 9770 0595**

5pm – 6pm (Please phone to arrange pickup)

Food hampers and frozen meals available for pickup.

SATURDAY

Sikh Volunteers Australia – Free Food Van

Young Street carpark (next to Tasman Meats)

7pm – 7.30pm

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

Vittle Feast – Free Food Hamper

Phone: 0480 281 906 to arrange delivery

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

SUNDAY

Sikh Volunteers Australia

Free food home delivery service every Sunday - for elderly, single parents, unemployed, International students and needy people.

**Order your free meals by SMS/TEXT only to:
0452 401 734**

(Note: orders must be placed by 7pm one day prior to delivery). Meals delivered between 5pm-7pm. Freshly cooked vegetarian food.

Where to Find Food Assistance

November 2021

**In the Frankston Area during the
COVID-19 Pandemic**



●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

Free Meals, Food and Groceries - Frankston Area



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 - 11am to 3.30pm

Community Support Frankston is offering Frankston residents a telephone and email based assistance service during the pandemic. 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 meal (*pick-up only*) for Frankston Residents every Monday, Tuesday, Thursday and Friday from 12noon - 2pm.

St. Vincent de Paul (Vinnies)

For assistance ring the Frankston Call Centre on **9769 6060** OR during lockdown please call: **0418 310 563**.

Offering In-home based support services.

A Vinnies volunteer will ring you to interview you and arrange a suitable time to visit - Tuesday to Saturday. Call limits apply. **Phone lines are open 9am - 11.30am Monday to Friday** (no active voicemail).

MONDAY

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Community Support Frankston

35 Beach Street, Frankston
12noon - 2pm (4 days a week)
Free take-away meal (pick-up only)

Theodora's Cheerful Givers

1/12 Govan Street, Seaford. **Phone: 0413 807 763**
10am - 4pm (5 days a week)
Free food hampers and frozen meals

TUESDAY

Brekky Club

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Take-away only. *Free cooked breakfast and hot cuppa*

Community Support Frankston

35 Beach Street, Frankston
12noon - 2pm (4 days a week)
Free take-away meal (pick-up only)

Salvation Army - Carrum Downs

1265 Frankston-Dandenong Road, Carrum Downs
10am - 2pm (Tuesday - Friday)
Phone: 9775 1915 - Registration over the phone and clients can pick-up their items contactless.
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Peninsula Christian Care

250 Frankston-Flinders Road, Frankston
Phone: 5971 4877 or 0435 954 185
(Must phone for appointment).
10am - 2pm Tuesday Food Pantry

Theodora's Cheerful Givers

1/12 Govan Street, Seaford. **Phone: 0413 807 763**
10am - 4pm (5 days a week)
Free food hampers and frozen meals

John Paul College Food Van

Young Street Carpark (next to Tasman Meats)
5pm - 7pm
Toasted sandwiches, soup, noodles, tea, coffee, milo, food parcels.

Connect Community Care

Phone: 0400 492 335 - call to arrange
Emergency Food Parcels available every Tuesday.

WEDNESDAY

Brekky Club

Chisholm Institute, (Building N) Bunurong Café.
7am - 8am (5 days a week)
Take-away only. *Free cooked breakfast and hot cuppa*

High Street Uniting Church

16-18 High Street, Frankston.
12noon - 1pm
Community BBQ Lunch

Theodora's Cheerful Givers

1/12 Govan Street, Seaford. **Phone: 0413 807 763**
10am - 4pm (5 days a week)
Free food hampers and frozen meals

Life-Gate Inc

1a Olsen Street, Frankston. **Phone: 9770 0595**
10am - 2pm
Food hampers and frozen meals available for pickup.

Salvation Army - Carrum Downs

1265 Frankston-Dandenong Road, Carrum Downs
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Offering fresh food (where available), food hampers, clothing, baby items, toiletries, basic household items.

Wildpath

Located in the Ambassador Chapel, 51/325 Nepean Highway, Frankston. **Phone: 9785 7229**
10am - 2pm (Wednesdays)
Fresh food, fruit and vegetables, frozen food, toiletries. (subject to availability).

Sikh Volunteers Australia - Free Food Van

Young Street carpark (next to Tasman Meats)
7pm - 7.30pm
Free freshly cooked vegetarian take-away meal for homeless and needy people.