

## 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.

*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**

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.

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

### **Life-Gate Inc - 'Meals for Change'**

Young Street Carpark (next to Tasman Meats)

**7pm - 10pm. 1<sup>st</sup> & 3<sup>rd</sup> Friday each month**

### **Connect Community Care**

Young Street Carpark (next to Tasman Meats)

**Phone: 0400 492 335**

**Meal Service and Shower Truck every 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month from 5.30pm**

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

## SATURDAY

### **Project Fresh Start & Amrita Australia Ltd**

35 Beach Street, Frankston (Community Support Frankston)

**12.30pm - 1.30pm**

*Free freshly made take-away meal every Saturday*

### **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*

### **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 a food box*

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

# Where to Find Food Assistance

May 2022

## 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

## Free Meals, Food and Groceries - Frankston Area



**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 - 11am 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 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.**

*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

### **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)*

### **Life-Gate Inc**

1a Olsen Street, Frankston. **Phone: 9770 0595**  
**10am - 3pm**  
*Food hampers and frozen meals available for pickup*

### **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**

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)*

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

### **Peninsula Christian Care**

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

### **Life-Gate Inc**

1a Olsen Street, Frankston. **Phone: 9770 0595**  
**10am - 3pm**  
*Food hampers and frozen meals available for pickup*

### **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 - 3pm**  
*Food hampers and frozen meals available for pickup*

### **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. *Offering fresh food (where available) and food hampers*

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