

## THURSDAY

### **Brekky Club**

Chisholm Institute, (Building N) Bunurong Café.

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

*Free dine-in cooked breakfast and hot cuppa*

### **Bayside Community Collective**

36 Young Street, Frankston

**9.30am - 3pm** (Open 7 days)

*Meals, food hampers, hygiene packs, clothing*

### **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 - 3.30pm** (5 days a week)

*Free food hampers and frozen meals*

**Sit down lunch** available on **Thursdays from 12noon**  
*(please ring first - 1 days' notice required)*

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

Young Street Car Park (next to Tasman Meats)

**5pm - 7pm.** *Toasted sandwiches, soup, noodles, tea, coffee, milo, food parcels*

**Sikh Volunteers Australia** - Free home delivery service every Thursday 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 to be placed no later than 7pm on Wednesday evening). Meals delivered between 5pm-7pm Thursday evening. *Freshly cooked vegetarian food*

## FRIDAY

### **Brekky Club**

Chisholm Institute, (Building N) Bunurong Café.

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

*Free dine-in cooked breakfast and hot cuppa*

### **Bayside Community Collective**

36 Young Street, Frankston

**9.30am - 3pm** (Open 7 days)

*Meals, food hampers, hygiene packs, clothing*

### **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 - 3.30pm** (5 days a week)

*Free food hampers and frozen meals*

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

Young Street Car Park (next to Tasman Meats)

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

## SATURDAY

### **Bayside Community Collective**

36 Young Street, Frankston

**9.30am - 3pm** (Open 7 days)

*Meals, food hampers, hygiene packs, clothing*

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

Uniting Church, 16-18 High Street, Frankston

**12pm - 1.30pm**

*Free dine-in or take-away meal every Saturday*

### **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 a food box*

## SUNDAY

### **Bayside Community Collective**

36 Young Street, Frankston

**9.30am - 3pm** (Open 7 days)

*Meals, food hampers, hygiene packs, clothing*

### **Sikh Volunteers Australia - Free 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 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

Updated 5<sup>th</sup> November 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 - 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 meal (*pick-up only*) for Frankston Residents every Monday, Tuesday, Thursday and Friday from 12noon - 2pm.

**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**

**Brekky Club**

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

**Bayside Community Collective**

36 Young Street, Frankston  
**9.30am - 3pm** (Open 7 days)  
*Meals, food hampers, hygiene packs, clothing*

**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 - 3.30pm** *Free food hampers and frozen meals*  
**Sit down lunch** also available on **Mondays from 12noon** (please ring first - 1 days' notice required)

**TUESDAY**

**Brekky Club**

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

**Bayside Community Collective**

36 Young Street, Frankston  
**9.30am - 3pm** (Open 7 days)  
*Meals, food hampers, hygiene packs, clothing*

**Community Support Frankston**

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

**Peninsula Christian Care**

250 Frankston-Flinders Road, Frankston. **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 - 3.30pm** (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: 5971 3111** - call to arrange  
*Emergency Food Parcels available every Tuesday*

**WEDNESDAY**

**Brekky Club**

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**7am - 8am** (5 days a week)  
*Free dine-in cooked breakfast and hot cuppa*

**Bayside Community Collective**

36 Young Street, Frankston  
**9.30am - 3pm** (Open 7 days)  
*Meals, food hampers, hygiene packs, clothing*

**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 - 3.30pm** (5 days a week)  
*Free food hampers and frozen meals*

**Life-Gate Inc**

1a Olsen Street, Frankston.  
**11am - 1pm** (Wednesday only)  
**Phone: 9770 0595 to make an appointment**  
*Food hampers, frozen meals available.*

**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.*