

THURSDAY

Brekky Club

Chisholm Institute, (Building N) Bunurong Café.
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 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

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 - 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

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

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

Life-Gate Inc - 'Meals for Change'

Young Street Car Park (next to Tasman Meats)
7pm - 9pm. 1st & 3rd Friday each month

SATURDAY

Amrita Australia Limited

16-18 High Street, Frankston. **12pm - 1pm**

- **September 23**
- **October 21**
- **November 11 and 18**
- **December 16**

Free Dine-in and Takeaway Meals

Project Fresh Start Inc

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

- **September 30**
- **October 7 and 28**
- **November 4 and 25**
- **December 2**

Free Dine-in and Takeaway Meals

Sikh Volunteers Australia - Free Food Van

Young Street carpark (next to Tasman Meats)
6.30pm - 7.30pm (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
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 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.

Where to Find Food Assistance

September 2023

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 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).

Free Meals, Food and Groceries - Frankston Area

MONDAY

Brekky Club

Chisholm Institute, (Building N) Bunurong Café
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 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*
Free sit-down lunch also available on **Mondays from 12noon** (please ring before 10.30am to book a seat)

Life-Gate Inc

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

TUESDAY

Brekky Club

Chisholm Institute, (Building N) Bunurong Café
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 meal (pick-up only)

Peninsula Christian Care

250 Frankston-Flinders Road, Frankston. **5971 4877**
or 0435 954 185 - Must phone for appointment
10am - 2pm (Every 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

Life-Gate Inc

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

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 - 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

Chisholm Institute, (Building N) Bunurong Café.
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*

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 and vegetables, frozen food, toiletries (subject to availability)

Life-Gate Inc

1a 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)
6.30pm - 7.30pm. *Free freshly cooked vegetarian take-away meal for homeless and needy people.*