

## THURSDAY

### **Frankston 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 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*

## FRIDAY

### **Frankston 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 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**

1 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. 1<sup>st</sup> & 3<sup>rd</sup> Friday each month**

## SATURDAY

### **Project Fresh Start Inc**

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

- **February 3 and 24**
- **March 2 and 30**
- **April 6 and 27**
- **May 4 and 25**
- **June 1 and 29**

*Free healthy fresh plant-based food  
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**  
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 home delivery service every Sunday** for elderly, single parents, International students, homeless and people facing hardship and in need.

**To pre-order SMS/TEXT your name, address, phone and email to: 0452 401 734.**

*(Note: orders must be placed no later than 7pm on Saturday evening).*

Meals will be delivered between 5-7pm Sunday evening. *Freshly cooked vegetarian food*



Visit our *Community Support Frankston* website [www.frankston.net](http://www.frankston.net) for more information about local services or to download one of our many brochures

**Or call us on 9783 7284**

# Where to Find Food Assistance

March 2024

## 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



**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).

## **Free Meals, Food and Groceries - Frankston Area**

### **MONDAY**

#### **Frankston 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 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**

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

### **TUESDAY**

#### **Frankston 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 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**

1 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**

#### **Frankston 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*

#### **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**

1 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 - 7pm.** *Free freshly cooked vegetarian take-away meal for homeless and needy people.*