

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 - 6.15pm. *Cheese toasties, Hot drinks, Bakers Delight bread/scrolls, basic 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. 1st & 3rd Friday each month

SATURDAY

Project Fresh Start Inc

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

- **July 6 and 27**
- **August 3 and 31**
- **September 7 and 28**
- **October 5 and 26**

Free healthy fresh plant-based food. Dine-in and Takeaway Meals available.

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

July 2024

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

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 - 6.15pm. *Cheese toasties, Hot drinks, Bakers Delight bread/scrolls, basic 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)

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