

Places to go for Free and Low-cost Food and Meals in Southwark

Easter 2025



Places to go for free food			
<p>Dawson Heights Community Fridge</p> <p>Dawson Heights Community Hall</p> <p>Ladlands, Dawson Heights</p> <p>Overhill Road, SE22 0PP</p> <p>Provides: Community fridge providing variety of perishable food, subject to change however often including fruit and veg, microwave meals.</p>	Open to all and free.	<p>Wednesday</p> <p>3:30pm-5pm</p> <p>Easter: Open as usual</p>	<p>07951524656</p> <p>Rubia.khatun@springcommunityhub.org.uk</p>
<p>Albrighton Community Fridge</p> <p>Albrighton Community Centre</p> <p>37 Albrighton Road</p> <p>East Dulwich SE22 8AH</p> <p>Provides: Community fridge. Fresh food, fruit and veg, and tinned and packeted, baby food/formula if in stock.</p> <p>Additional support: Citizens Advice Worker as a walk-in session on Mondays 1-3pm.</p>	Open to all and free.	<p>Monday, Tuesday, Thursday, Friday</p> <p>1pm-3pm</p> <p>Easter: Open as usual</p>	<p>https://www.albrightoncommunityfridge.org/</p> <p>https://www.facebook.com/albrightoncommunitycentre/?locale=en_GB</p> <p>020 7737 6186</p> <p>jackie.mustoe@albrightoncommunitycentre.org</p>
<p>The Fridge Project at The Bridge</p> <p>The Bridge</p> <p>73–81 Southwark Bridge Road</p> <p>Borough</p> <p>SE1 0NQ</p> <p>Provides: Community fridge. Fresh fruit and veg, bread, pantry items.</p>	Open to all and free.	<p>Wednesday 8am-5pm</p> <p>Thursday 3-5pm</p> <p>Friday 9:30am-2pm</p> <p>Easter: Closed on Good Friday (18th April)</p>	<p>https://www.thebridge-uk.org/fridge</p> <p>020 7089 6250</p> <p>projects@thebridge-uk.org</p>

<p>The Redeemed Assemblies Support Service Foodbank (TRASS)</p> <p>821 Old Kent Road Peckham SE15 1NX (over the road from Aldi)</p> <p>Provides: Veg, fruit, sandwiches, breads, pastry, cakes, and ready-made meals when available. Hot tea. Every Saturday –hot meal to eat in.</p>	<p>Open to all and free.</p>	<p>Monday- Friday 9am-10am</p> <p>Sunday 10am-11:30am</p> <p>Hot meal on Saturday 10am</p> <p>Easter: Open as usual</p>	<p>https://www.theredeemedassembliesuk.com/community-support</p> <p>07577 836 335</p> <p>admin@theredeemedassembliesuk.com</p>
<p>RCCG Winners Temple Foodbank</p> <p>(upstairs Church Hall)</p> <p>30 Wagner Street – off Ilderton Road junction Peckham SE15 1NN</p> <p>Provides: Usually pastries, dairy & canned foods, pasta, noodles, fresh fruit and veg. Supervised self-service.</p>	<p>Open to all and free.</p>	<p>Sunday 12:15pm-1pm</p> <p>Easter: Open as usual</p>	<p>020 7277 8002/07956 813 701</p> <p>admin@winnerstemple.org.uk</p>
<p>UCKG – Peckham Help Centre</p> <p>176-178 Rye Lane Peckham SE15 4NF</p> <p>Provides: Takeaway sandwiches and drinks and food parcels. Baby food/formula available when in stock.</p> <p>Additional support: Debt support, immigration, and legal advice through a referral mechanism.</p>	<p>Free and open to anyone.</p>	<p>Saturday 11am-1pm</p> <p>Easter: Open as usual</p>	<p>https://www.uckg.org/have-you-visited-one-of-our-food-banks/</p> <p>020 7686 6000</p> <p>outreach@uckg.org</p>
<p>RJ4All Community Fridge & Foodbank</p> <p>RJ4All Rotherhithe Community Centre</p> <p>30 Plough Way Rotherhithe SE16 2LJ</p> <p>Provides: Surplus chilled food, non-perishable and frozen items. Second-hand shoes & clothes, some cleaning & personal hygiene products are available at a cost.</p> <p>Additional support: Support with debt, benefits, and other financial issues through staff signposting and leaflets. Immigration and legal advice. Digital Drop-in Sessions (Thursday 4-6pm), wellbeing activities: https://rj4all.org/wellbeing-services/</p>	<p>Open to all, one visit per day</p> <p>Free or donation of £1 if possible.</p>	<p>Monday-Friday 9:30am-5:30pm</p> <p>Best time to come is Tuesday 11am-2pm to get most variety of products. It is recommended to text/email if visiting outside of these hours.</p> <p>Easter: Closed on Good Friday (18th April) & Easter Monday (21st April)</p>	<p>https://rj4all.org/</p> <p>https://www.facebook.com/RJforAll</p> <p>07708 758600</p> <p>admin@rj4all.org</p>

<p>Excel Beyond Barriers Community Hub</p> <p>Ketra Community Hall</p> <p>Telfer House</p> <p>Seeley Drive</p> <p>Kingswood Estate</p> <p>SE21 8QW</p> <p>Provides: Foodbank (fresh, frozen, tinned foods, cereal, etc & African Caribbean foods, baby foods), toiletries, nappies and wipes</p> <p>Additional support: Offer appointments with advisor on Mondays and Wednesdays- to access support with debt/benefits or other issues.</p>	<p>Open to all and free.</p>	<p>Food Collection: Friday</p> <p>2pm-5pm</p> <p>Other services by appointment only.</p> <p>Easter: Open as usual</p>	<p>07958 064597</p> <p>info@excelbeyondbarriers.com</p>
<p>Draper Together</p> <p>Draper Hall</p> <p>Hampton St</p> <p>SE17 3AN</p> <p>Provides: Collection of a variety of foods, including fresh and tinned.</p>	<p>Open to all and free.</p>	<p>Monday 3:30-5pm</p> <p>Thursday 9:30-11am</p> <p>Hot meal on Wednesday 11am-2pm</p> <p>Easter: Open as usual</p>	<p>https://www.drapertogether.org/</p> <p>07719977642</p> <p>office@drapertogether.org</p> <p>director@drapertogether.org</p>
<p>Oasis Community Fridge</p> <p>1 Kennington Road</p> <p>Waterloo</p> <p>SE1 7QP</p> <p>Provides: Surplus food, depending on what is available. Recommended to come early on weekdays as operate on a first-come-first-served basis.</p>	<p>Open to all and free.</p>	<p>Mon-Fri 10am – 5pm</p> <p>Sat & Sun 11-11.30am</p> <p>Easter: Closed on Good Friday (18th April) & 19th April</p>	<p>http://www.oasiswaterloo.org/communityspace/</p> <p>020 7921 4205 (option 7)</p> <p>welcome@oasiswaterloo.org</p>
<p>Rotherhithe Community Kitchen Foodbank</p> <p>Monday: Silverlock Tenants Hall</p> <p>Warndon Street</p> <p>SE16 2SB</p> <p>Thursday: Docklands Settlement</p> <p>400 Salter Road</p> <p>SE16 5AA</p> <p>Friday: Time and Talents</p> <p>The Old Mortuary</p> <p>St Marychurch Street, SE16 4JE</p>	<p>Open to all and free.</p>	<p>Monday- 4-6pm</p> <p>Thursday- 1-3pm</p> <p>Friday- 2-4pm</p> <p>Hot meal on Thursday 12pm</p> <p>Easter: Contact to check</p>	<p>https://shininglight4u.com/food-bank</p> <p>075332 479983</p> <p>rckfood4u@proton.me</p>

<p>Rotherhithe Community Kitchen Foodbank cont.</p> <p>Provides: Monday & Friday- fruit and veg, some chilled food, frozen food, and pantry items</p> <p>Thursday- fruit & veg only</p> <p>Additional support: Thursday- Signposting to grant support from Southwark Charities 1-3pm</p>			
<p>Brotherhood of the Cross and Star UK Foodbank</p> <p>Brotherhood of the Cross & Star Olumba House Falmouth Road SE1 6RT</p> <p>Provides: Fresh fruit & veg, dried & tinned food, toiletries (when available), ready made vegetarian meals (when available)</p>	<p>Open to all and free.</p>	<p>Friday 1.30pm - 4.00pm</p> <p>Easter: Open as usual</p>	<p>https://www.bcs-uk.org/fresh-food-distribution</p> <p>07399467466</p> <p>charity@bcs-uk.org</p>
<p>Higher Ground Foodbank</p> <p>Saturday: 121 Peckham Park Road, SE15 6XS</p> <p>Sunday: Bells Gardens Community Centre 19 Buller Close SE15 6UJ</p> <p>Provides: Fresh food including fruit and veg, and dry food including tins and cereal.</p>	<p>Open to all and free.</p>	<p>Saturday 9-11am</p> <p>Sunday 12noon-1pm</p> <p>Easter: Open as usual</p>	<p>highergroundchristiancentre@gmail.com</p>

Places to go for low-cost food

<p>Peckham Pantry</p> <p>49-53 Peckham Park Road Peckham SE15 6TU</p> <p>Provides: Community shop. Fruits, veg and other food items to make a healthy meal. Baby food/formula sometimes available.</p> <p>Additional support: Thames Reach advisor on a Thursday, for general advice and signposting, 10am-4pm.</p>	<p>Open to all to join as a member, no referral needed.</p> <p>Pay £5 in return for £15–£20 of food at each visit. Limit of two visits per day.</p>	<p>Tues 10am-4pm</p> <p>Weds & Fri 9am-4pm, Thurs 10am-7pm, Sat 9am-3pm</p> <p>Easter: Closed on Easter Monday (21st April)</p>	<p>https://www.pecan.org.uk/peckham-pantry/</p> <p>020 7277 7075</p> <p>pantry@pecan.org.uk</p>
--	---	---	---

<p>Peckham Pantry St Luke's Church Chandler Way Peckham SE15 6DT Provides: See above.</p>	<p>See above.</p>	<p>Wednesday 10am-2pm Easter: Open as usual</p>	<p>See above.</p>
<p>Bermondsey Pantry 4-5 Slippers Place Gataker Street SE16 2EN Provides: Fresh fruit, veg, meat and dairy (milk, butter, cheese), tinned & packeted foods for the cupboard, frozen foods. Also Betty's Baby Bank: free baby clothes, nappies Mon & Weds 10am-1pm.</p>	<p>Open to all – but need to book an appointment. £8 for 12 items</p>	<p>Wednesday & Thursday 10am-2pm Friday-10am-11am Easter: Open as usual</p>	<p>Contact for appointment: Kathy Heather 07730 465 160 lovenorthsouthwark@outlook.com</p>
<p>The Borough Food Co-operative St George the Martyr Borough High Street Borough SE1 1JA Provides: Select from fresh fruit and veg, meat, dairy, eggs, cooked meals, & cupboard goods. Deliveries available for those housebound or unwell at same cost. Additional support: Citizens Advice drop-in session for Borough Food Co-operative members on alternate Tuesdays (11am-3pm). See website for dates.</p>	<p>Open to all to join as a member. £4.50 per shop for £15-£30 worth of food</p>	<p>Tues, Thurs, Sat 11am-3pm Easter & beyond closure dates: -Sat 19 April -Tues 22 April -Sat 3 May -Tues 5 May -Tues 27 May</p>	<p>https://www.boroughfoodcooperative.co.uk/ 020 7357 7331 food@sgtm.org.uk</p>
<p>Paxton Pantry Unit 32 Seeley Drive Kingswood Estate SE21 8QR Provides: Food including fresh fruit and vegetables. Additional support: Drop-in citizens advice advisor, fortnightly on Tuesdays from 12-3pm, providing advice and support with issues around debt, immigration, employment, family and health.</p>	<p>Open to all to join as a member. First come first served. Weekly subscription of £4.50 for a weekly food shop.</p>	<p>Tuesday 12 noon-4pm Easter: Closed 22nd April</p>	<p>https://www.yourlocalpantry.co.uk/pantry-listings/london-paxton-pantry/ https://www.facebook.com/pgtbPantry Pantry@pgtimebank.org</p>

<p>St Giles Pantry</p> <p>64 Camberwell Church Street Camberwell SE5 8JB</p> <p>Provides: Healthy nutritious food</p> <p>Additional support: 1-1 support includes: employment, training & education; benefits & debt; health & wellbeing; and housing. Obligatory with pantry membership.</p>	<p>Low cost (£4.50) weekly food shop with membership.</p> <p>Membership lasts 6 months.</p>	<p>Wednesday 11am- 2.30pm Thursday 10am- 2.30pm Friday 11am- 3pm</p> <p>Easter: Open as usual</p>	<p>https://www.stgilestrust.org.uk/what-we-do/tackling-poverty/st-giles-pantry/</p> <p>020 7708 8000</p> <p>info@stgilestrust.org.uk</p>
<p>Spring Social Supermarket</p> <p>86 - 88 Vestry Rd Camberwell SE5 8PQ</p> <p>Provides: A wide choice of affordable, healthy, and culturally sensitive food such as yam, plantain and black-eyed peas.</p> <p>Additional support: Members are offered intensive wraparound support when they first join, delivered by an experienced and trained advisor.</p>	<p>Low cost (£5) food shop with membership.</p> <p>Membership open to anyone on eligible benefits/ with low or no income. Check website to find out more.</p>	<p>10am – 2pm on Monday, Wednesday and Saturday</p> <p>Easter: Closed on Easter Monday (21st April)</p>	<p>https://www.springcommunityhub.org.uk/social-supermarket/</p> <p>https://www.facebook.com/springcommunityhub</p> <p>020 7703 1653 / 07901 617189</p> <p>social.supermarket@springcommunityhub.org.uk</p>

Places to go for meals, cafes, takeaways (free or donation)

<p>St Lukes Community Café</p> <p>St Lukes Church Hall Chandler Way SE15 6DT</p> <p>Provides: Light meal/hot drink and biscuits.</p> <p>Additional support: "Be Well Hub"- they have trained volunteers on hand to provide a listening ear and, where appropriate, signpost people towards appropriate mental health support.</p>	<p>Open to all. Free/donation welcome.</p> <p>Runs alongside Peckham Pantry at St Lukes Church.</p>	<p>Wednesday 10am-2pm</p> <p>Easter: Open as usual</p>	<p>https://www.stlukespeckham.co.uk/</p> <p>07743 961 626</p> <p>jo.stlukespeckham@gmail.com</p>
--	---	---	---

<p>Copleston Community Centre</p> <p>Copleston Road</p> <p>SE15 4AN</p> <p>Provides: Community Cafe serving lunch, tea/coffee and cake - No referral needed.</p> <p>Additional support: Mental health and wellbeing services: https://coplestoncentre.org.uk/page/295/mental-health-wellbeing-services</p>	<p>Open to all, no referral needed.</p> <p>The Centre asks for a donation of £3 or £5 towards the cost of a Community Cafe meal.</p>	<p>Monday + Wednesday</p> <p>12:30pm-2:30pm</p> <p>(except half term breaks)</p> <p>Easter: Closed between 14th & 23rd April. Services return Monday 28th April</p>	<p>https://www.coplestoncentre.org.uk/</p> <p>02077323435</p> <p>ann@coplestoncentre.org.uk</p>
<p>Hope Tuesday Cafe</p> <p>City Hope Church</p> <p>121 Drummond Rd</p> <p>Bermondsey SE16 2JY</p> <p>Provides: Lunch –hot meal, tea, coffee and cakes.</p>	<p>Open to all and free.</p>	<p>Tuesday 1pm-2.30pm</p> <p>Easter: Closed on 22nd April</p>	<p>https://cityhope.london/</p> <p>020 7993 3934</p> <p>hello@cityhope.london</p>
<p>All Saints Church Cafe</p> <p>All Saints Church, Peckham</p> <p>Blenheim Grove</p> <p>Peckham SE15 4QS</p> <p>(café is in main church, not the hall, entrance by the bus stop)</p> <p>Provides: Community café. Teas, coffee, cakes etc.</p>	<p>Open to all and free.</p>	<p>Tuesday & Thursday 9.30am -11am</p> <p>Easter: Closed Tuesday 15th & Thursday 17th April</p>	<p>https://www.allsaintspeckham.org.uk/mission-community/community-cafe/</p> <p>020 3637 2701</p> <p>hello@allsaintspeckham.org.uk</p>
<p>Be Enriched Castle Canteen</p> <p>Crossways United Reformed Church/Crossways Christian Centre</p> <p>18 Hampton Street</p> <p>Walworth SE1 6SN</p> <p>Provides: Community canteen. Hot vegetarian meal cooked on site.</p> <p>Additional support: Fuel vouchers are donated at the canteen for people who meet certain criteria.</p>	<p>Open to all. Free but £1 donations welcome.</p>	<p>Monday- Open from 12:30pm, for guests to have tea/coffee before service starts at 1pm. Finishes at 2.30pm.</p> <p>Easter: Open as usual</p>	<p>https://www.be-enriched.org/canteens</p> <p>07397 288160 (Mon-Thurs 10am-5.30pm)</p> <p>hello@be-enriched.org</p>
<p>Manna Centre</p> <p>12 Melior Street</p> <p>London Bridge SE1 3QP</p> <p>Provides: Breakfast & lunch</p>	<p>Open to homeless and anyone in need. Free.</p>	<p>Monday- Sunday (7 days)</p> <p>8.30am- 1.30pm</p> <p>Easter: Open as usual</p>	<p>https://www.mannasociety.org.uk/</p> <p>020 7357 9363</p> <p>mail@mannasociety.org.uk</p>

<p>Additional support: Showers, clothing, housing & welfare advice and medical care and IT facilities.</p>			
<p>Foodcycle Peckham All Saints Church Hall Blenheim Grove Peckham SE15 4QS Provides: Sit-in community meals. Hot vegetarian meals cooked on site.</p>	Open to all and free.	<p>Wednesday 5pm-6pm Saturday 5.30pm-6:30pm Easter: Open as usual</p>	<p>https://foodcycle.org.uk/location/foodcycle-peckham-saturdays/ 020 7729 2775 peckham@foodcycle.org.uk</p>
<p>Webber Street Day Centre Webber Street Centre 6-8 Webber Street Waterloo SE1 8QA Provides: Sit-in hot breakfast Additional support: Twice weekly nurse visits</p>	For rough sleepers, homeless and other vulnerable people. Free.	<p>Monday-Thursday 8:45-11:30am Easter: Closed on Good Friday (18th April) & Easter Monday (21st April)</p>	<p>https://www.webberstreet.org.uk/ 020 7928 1677 wsenquiries@lcm.org.uk</p>
<p>Peckham Soup Kitchen Peckham Square 89 Peckham High St SE15 5RS Provides: Takeaway meal/ groceries from van parked in Peckham Square. Delivery of meal on Wed eve to local older people on request.</p>	Open to all and free.	<p>Friday 4-6pm Easter: Open as usual</p>	<p>https://www.peckhamsoupkitchen.org/ 07424 710331 peckhamsoupkitchen@gmail.com</p>
<p>Walworth Living Room Temporary location: 80 Tatum Street Walworth SE17 1QR Reopening on 11th April at: All Saints Hall, Surrey Square Road SE17 2JU Provides: Community Brunch</p>	Open to all and free.	<p>Friday 10am-12 noon Easter: Open as usual</p>	<p>https://www.walworthlivingroom.org/#activities 020 7703 3803 info@pembrokehouse.org.uk</p>
<p>Dene Community Centre meals Dene Community Centre 95b Meeting House Lane Peckham SE15 2TU</p>	Open to all and free.	<p>Friday 3pm-7pm Easter: Open as usual</p>	<p>Facebook group: https://www.facebook.com/groups/519577289860965?locale=en_GB 07982 408932 acorntra@gmail.com</p>

Provides: Sit-down hot meal and fresh/dry food to take away. Delivery of meals on request.			
<p>The Redeemed Assemblies Support Service Foodbank (TRASS)</p> <p>Hot meals to eat in every Saturday – see entry on page two</p> <p>Draper Together</p> <p>Hot meals to eat in every Wednesday – see entry on page three</p> <p>Rotherhithe Community Kitchen</p> <p>Hot meal every Thursday – See entry on page three</p>			

Foodbanks where you need a referral or voucher from an agency			
<p>Southwark Foodbank</p> <p>Provides: Emergency parcels of mainly tinned & packeted food plus basic toiletries. Fresh food when available.</p> <p>Additional support: Citizens Advice advisor present at foodbank sessions to provide advice and signposting. Also available at sessions: help with applying for support from the Southwark Council (furniture, white goods etc.) and referrals to other services.</p>	<p>Open to anyone experiencing hardship but referral needed from an agency that is registered with the foodbank e.g. schools, council services, health services, charities etc.</p>	<p>Once you have a voucher, food parcels can be collected from the next available foodbank session in the borough: see website.</p> <p>Easter: Closed on Maundy Thursday (17th April), Good Friday (18th April) & Easter Monday (21st April)</p>	<p>https://www.pecan.org.uk/southwark-foodbank/</p> <p>0207 732 0007</p> <p>foodbank.support@pecan.org.uk</p>
<p>Spring Community Hub</p> <p>Provides: Food parcels of fresh fruit and vegetables, culturally appropriate food, non-perishable groceries, toiletries, and other necessities, catering where possible for specific needs (e.g. HALAL).</p> <p>Additional support: Run a Community Hub for referred clients offering advice services, particularly around</p>	<p>By referral via email for those who are NRPF, financially insecure, homeless, and other vulnerable people (e.g. those with disabilities). Referrals needed from GP surgeries, Southwark Pensioners, Citizens Advice, schools, Job Centre, Churches, Mosque and other Frontline Agencies, etc. via foodbank.csch@gmail.com. But contact us directly if accessing agencies is difficult and we talk you through what to do.</p>	<p>Once we receive your referral, you will be contacted and invited to visit one of our centres where you will be seen and have a food parcel put together for you.</p> <p>Easter: Closed on Good Friday (18th April) & Easter Monday (21st April)</p>	<p>https://www.springcommunityhub.org.uk/</p> <p>https://www.facebook.com/springcommunityhub</p> <p>020 7703 1653/07901 617189</p> <p>foodbank@springcommunityhub.org.uk</p>

debt, welfare benefits and immigration.			
---	--	--	--

T: 020 7732 0007

E: sfaa@pecan.org.uk

Web: <https://www.southwarkfoodactionalliance.co.uk/>

FB: https://www.facebook.com/southwarkfoodaction?locale=en_GB

Instagram: <https://www.instagram.com/swkfoodaction/>

X/Twitter: <https://x.com/SwkFoodAction>

