

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

Summer 2025



Places to go for free food			
Dawson Heights Community Fridge Dawson Heights Community Hall Ladlands, Dawson Heights Overhill Road, SE22 0PP Provides: Community fridge providing variety of perishable food, subject to change however often including fruit and veg, microwave meals.	Open to all and free.	Wednesday 3:30pm-5pm	07951524656 Rubia.khatun@springcommunityhub.org.uk
Albrighton Community Fridge Albrighton Community Centre 37 Albrighton Road East Dulwich SE22 8AH Provides: Community fridge. Fresh food, fruit and veg, and tinned and packeted, baby food/formula if in stock. Additional support: Walk-in session with Citizen's Advice advisor on Mondays 1-3pm.	Open to all and free, need to sign up if first time visiting. Once signed up, you will be given a time slot to come and collect your food.	Mon, Tues, Thurs & Fri 1pm-3pm	https://www.albrightoncommunityfridge.org/ https://www.facebook.com/albrightoncommunitycentre/?locale=en_GB 020 7737 6186 jackie.mustoe@albrightoncommunitycentre.org
The Redeemed Assemblies Support Service Foodbank (TRASS) 821 Old Kent Road Peckham SE15 1NX (over the road from Aldi) Provides: Veg, fruit, sandwiches, breads, pastry, cakes, and ready-made meals when available. Hot tea. Every Saturday –hot meal to eat in.	Open to all and free.	Monday to Friday 9am-10am Sunday 10am-11:30am Hot meal on Saturday 10am-12pm	https://www.theredeemedassembliesuk.com/community-support 07577 836 335 admin@theredeemedassembliesuk.com

<p>RCCG Winners Temple Foodbank (upstairs Church Hall) 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-1:15pm</p>	<p>020 7277 8002/07956 813 701 admin@winnerstemple.org.uk</p>
<p>UCKG – Peckham Help Centre 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>https://uckgoutreach.org/locations/ 020 7686 6000 outreach@uckg.org</p>
<p>RJ4All Community Fridge & Foodbank RJ4All Rotherhithe Community Centre 30 Plough Way Rotherhithe SE16 2LJ</p> <p>Provides: Surplus chilled food, non-perishable and frozen items. Bring bags and containers. 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, check website.</p>	<p>Open to all, one visit per day Free or donation of £1 if possible.</p>	<p>Monday to Friday 9:30am-5:30pm 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>https://rj4all.org/ https://rj4all.org/wellbeing-services/ https://www.facebook.com/RJforAll/ 07708 758600 admin@rj4all.org</p>

Excel Beyond Barriers Community Hub Ketra Community Hall Telfer House Seeley Drive Kingswood Estate SE21 8QW Provides: Foodbank (fresh, frozen, tinned foods, cereal, etc & African Caribbean foods, baby foods), toiletries, nappies and wipes Additional support: Offer appointments with advisor on Mondays and Wednesdays- support with debt/benefits or other issues.	Open to all and free.	Friday 2pm-5pm Other services by appointment only.	07958 064597 info@excelbeyondbarriers.com Summer HAF Programme Info: https://eequ.org/excelbeyondbarrierscic
Draper Together Draper Hall Hampton St SE17 3AN Provides: Collection of a variety of foods, including fresh and tinned. Additional support: Kids Club (ages 7-11) run at Draper Together on Friday 4:30-7:30pm- drop in to sign up.	Open to all and free.	Monday 3:30-5:30pm Thursday 9:30-11:30am Hot meal on Wednesday 11am-2pm (food served around 12pm)	https://www.drapertogether.org/ 07719977642 office@drapertogether.org director@drapertogether.org
Oasis Community Fridge 1 Kennington Road Waterloo SE1 7QP Provides: Surplus food, usually a small amount depending on what is available. It is recommended to come early on weekdays as operate on a first-come-first-served basis. Also tea/coffee on offer from 10am-4pm at the centre. Additional support: Oasis Centre provide advisory support around issues such as housing debt etc. Visit centre to enquire.	Open to all and free, no referral needed.	Monday to Friday 10am – 5pm Saturday 10:30-11am (As part of English Language café) Sunday 12:30-1pm (pop-up fridge after church service)	http://www.oasiswaterloo.org/communityspace/ 020 7921 4205 (option 7) welcome@oasiswaterloo.org

<p>Rotherhithe Community Kitchen Foodbank</p> <p>Thursday: Docklands Settlement 400 Salter Road SE16 5AA</p> <p>Friday: Time and Talents The Old Mortuary St Marychurch Street, SE16 4JE</p> <p>Provides: Friday- fruit and veg, some chilled food, frozen food, and pantry items</p> <p>Thursday- fruit & veg only</p> <p>Additional support: Friday at Time & Talents- walk-in session with Citizen's Advice advisor</p>	<p>Open to all and free.</p>	<p>Thursday- 1-3pm Friday- 2-4pm</p> <p>Hot meal on Sunday 11am-12:30pm at Peter Hills C of E Primary School, 2 Beatson Walk, SE16 5ED</p>	<p>https://shininglight4u.com/food-bank</p> <p>07523 479983</p> <p>rckfood4u@proton.me</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>Additional support: They can arrange referrals to Little Village Charity, for single parents & families.</p>	<p>Open to all and free.</p>	<p>Friday 1.30pm - 4.00pm</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>Additional support: Health checks with nurse every Sunday 12:30-1pm (at Buller Close). Occasionally volunteer available on Saturdays to provide support with filling in applications- ask at session (Peckham Park Road)</p>	<p>Open to all and free.</p>	<p>Saturday 9-11am Sunday 12noon-1pm</p>	<p>highergroundchristiancentre@gmail.com</p>

Places to go for low-cost food

Peckham Pantry 49-53 Peckham Park Road Peckham SE15 6TU Provides: Community shop. Fruits, veg and other food items to make a healthy meal. Baby food/formula sometimes available. Additional support: Thames Reach advisor on a Thursday, for general advice and signposting, 10am-4pm.	Open to all to join as a member, no referral needed. Pay £5 in return for £15-£20 of food at each visit. Limit of two visits per day.	Tuesday 10am-4pm, Weds & Fri 9am-4pm, Thursday 10am-7pm, Saturday 9am-3pm	https://www.pecan.org.uk/peckham-pantry/ 020 7277 7075 pantry@pecan.org.uk
Peckham Pantry St Luke's Church Chandler Way Peckham SE15 6DT Provides: See above.	See above.	Wednesday 10am-2pm	See above.
Peckham Pantry Pop-up Rachel Leigh Community Hall 32 Andrews Walk SE17 3JQ	See above.	Tuesday 11am-1pm	See above.
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 (10am-12pm) & Weds (10am-1pm).	Open to all – but need to book an appointment. £5 for 12 items	Weds & Thurs 10am-2pm	Contact for appointment: Kathy Heather 07730 465 160 lovenorthsouthwark@outlook.com
The Borough Food Co-operative St George the Martyr Borough High Street Borough SE1 1JA Provides: Offers fresh fruit and vegetables, chilled items, frozen ready-meals, dry goods, and personal care and cleaning products. Deliveries available for those housebound or unwell at same cost.	Open to all to join as a member. £4.50 per shop for up to 16 items- £15-£30 worth of food	Tues, Thurs and Sat 11am-3pm	https://www.boroughfoodcooperative.co.uk/ 020 7357 7331 food@sgtm.org.uk

<p>Additional support: Citizens Advice drop-in session for Borough Food Co-operative members on alternate Tuesdays (11am-3pm). See website for dates.</p>			
<p>Paxton Pantry</p> <p>Unit 32 Seeley Drive Kingswood Estate SE21 8QR</p> <p>Provides: Food including fresh fruit and vegetables.</p> <p>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.</p> <p>Weekly subscription of £4.50 for a weekly food shop.</p>	<p>Tuesday 12 noon-4pm</p>	<p>https://www.yourlocalpantry.co.uk/pantry-listings/london-paxton-pantry/</p> <p>https://www.facebook.com/pgtbPantry</p> <p>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</p> <p>Thursday 10am- 1.30pm</p> <p>Friday 11am- 3pm</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>Mon, Weds and Sat 10am – 2pm</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)

St Lukes Community Café St Lukes Church Hall Chandler Way SE15 6DT Provides: Light meal/hot drink and biscuits. 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.	Open to all. Free/donation welcome. Runs alongside Peckham Pantry at St Lukes Church.	Wednesday 10am-2pm	https://www.stlukespeckham.co.uk/ 07743 961 626 jo.stlukespeckham@gmail.com Summer HAF Programme Info: https://www.eequ.org/book/angels-st-lukes-church-with-angels-breakfast-and-afterschool-club-4986 (Run by Angels Breakfast and Afterschool Club)
Copleston Community Centre Copleston Road SE15 4AN Provides: Community Cafe serving lunch, tea/coffee and cake - No referral needed. Additional support: Mental health and wellbeing services, go to website for more details.	Open to all, no referral needed. The Centre asks for a donation of £4 or £5 towards the cost of a Community Cafe meal.	Monday & Wednesday 12:30pm-2:30pm (except half term breaks)	https://www.coplestoncentre.org.uk/ 02077323435 https://www.coplestoncentre.org.uk/community-centre/mental-health-wellbeing-services ann@coplestoncentre.org.uk
Hope Tuesday Cafe City Hope Church 121 Drummond Rd Bermondsey SE16 2JY Provides: Lunch –hot meal, tea, coffee and cakes. Alongside activity such as a quiz. Additional support: Christians Against Poverty debt advice & money courses. Contact email for more information.	Open to all and free.	Tuesday 1pm-2.30pm Closed between 12th-19th August (when HAF programme will be taking place)	https://cityhope.london/ 020 7993 3934 hello@cityhope.london Summer HAF Programme Info: https://www.eequ.org/book/city-hope-church-summer-of-food-and-fun-with-cityhope-church-4991
All Saints Church Cafe All Saints Church, Peckham Blenheim Grove Peckham SE15 4QS (café is in main church, not the hall, entrance by the bus stop) Provides: Community café. Teas, coffee, cakes etc.	Open to all and free.	Tuesday & Thursday 9.30am -11am	https://www.allsaintspeckham.org.uk/mission-community/community-cafe/ 020 3637 2701 hello@allsaintspeckham.org.uk

Be Enriched Castle Canteen Crossways United Reformed Church/Crossways Christian Centre 18 Hampton Street Walworth SE17 3AL Provides: Community canteen. Hot vegetarian meal cooked on site. Additional support: Fuel vouchers are donated at the canteen for people who meet certain criteria.	Open to all. Free but £1 donations welcome.	Monday Food service between 1-2:30pm. Open from 12:30pm for guests to have tea/coffee before service starts.	https://www.be-enriched.org/canteens 07397 288160 (Mon-Thurs 10am-5.30pm) hello@be-enriched.org
Manna Centre 12 Melior Street London Bridge SE1 3QP Provides: Breakfast & lunch Additional support: Showers, clothing, housing & welfare advice and medical care and IT facilities.	Open to homeless and anyone in need. Free.	Monday to Sunday 8.30am-1.30pm	https://www.mannasociety.org.uk/ 020 7357 9363 mail@mannasociety.org.uk
Foodcycle Peckham All Saints Church Hall Blenheim Grove Peckham SE15 4QS Provides: Sit-in community meals. Hot vegetarian meals cooked on site.	Open to all and free.	Wednesday 5pm-6pm Saturday 5.30pm-6:30pm	https://foodcycle.org.uk/location/foodcycle-peckham-wednesdays/ https://foodcycle.org.uk/location/foodcycle-peckham-saturdays/ 020 7729 2775 peckham2@foodcycle.org.uk
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 & fortnightly podiatrist. Able to provide clothing and showers, and to make referrals to other agencies.	For rough sleepers, homeless and other vulnerable people. Free.	Monday to Thursday 8:45-11:45am	https://www.webberstreet.org.uk/ 020 7928 1677 wsenquiries@lcm.org.uk
Peckham Soup Kitchen Peckham Square 89 Peckham High St SE15 5RS	Open to all and free.	Friday 4-6pm	https://www.peckhamsoupkitchen.org/ 07424 710331 peckhamsoupkitchen@gmail.com

Provides: Takeaway meal/ groceries from van parked in Peckham Square. Delivery of meal on Wed eve to local older people on request. Contact details below.			
Walworth Living Room All Saints Hall, Surrey Square Road SE17 2JU Provides: Community Brunch & Walworth Eats Community Lunch Additional support: Range of community activities, go to website for more details.	Community Brunch is open to all and free-often including cereals, granola, fruit, toast. Community Lunch is £8 or £5 with membership- a fresh meal including a salad and dessert.	Community Brunch- Thursday 10am-11:30am Community Lunch- Friday 12:30-2pm	https://www.pembrokehouse.org.uk/events/community-brunch-2/ https://www.pembrokehouse.org.uk/events/walworth-eats/ https://www.walworthlivingroom.org/activities 020 7703 3803 info@pembrokehouse.org.uk
Dene Community Centre Dene Community Centre 95b Meeting House Lane Peckham SE15 2TU Provides: Sit-down hot meal and fresh/dry food to take away. Delivery of meals on request.	Open to all and free.	Friday 3pm-7pm (Except last Friday of month when they hold a bingo session instead of meal)	Facebook group: https://www.facebook.com/groups/519577289860965?locale=en_GB 07982 408932 acorntra@gmail.com
The Redeemed Assemblies Support Service Foodbank (TRASS) Hot meals to eat in every Saturday – see entry on page one Draper Together Hot meals to eat in every Wednesday – see entry on page three Rotherhithe Community Kitchen Hot meal every Sunday – See entry on page four			

Foodbanks where you need a referral or voucher from an agency

Southwark Foodbank Provides: Emergency parcels of mainly tinned & packeted food plus basic toiletries. Fresh food when available. Additional support: Citizens Advice advisor	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.	Once you have a voucher, food parcels can be collected from the next available foodbank session in the borough: see website.	https://www.pecan.org.uk/southwark-foodbank/ 0207 732 0007 foodbank.support@pecan.org.uk
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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.			
Spring Community Hub 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). Additional support: Run a Community Hub for referred clients offering advice services, particularly around debt, welfare benefits and immigration.	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.	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.	https://www.springcommunityhub.org.uk/ https://www.facebook.com/springcommunityhub 020 7703 1653/07901 617189 foodbank@springcommunityhub.org.uk Summer HAF Programme info: https://eequ.org/spring

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/>

LinkedIn: <https://www.linkedin.com/company/southwark-food-action-alliance/>

