

# WHERE TO GET FOOD



## Festive season worries

No one should have to go hungry. If you are worried about how you will manage over the festive season we would urge you to speak to someone about your concerns. Most foodbanks work with local agencies and take referrals from them.

Talk to your Housing Officer and they can help you contact the professionals, though some food banks may accept a self referral.

## What to expect from a foodbank

If you are referred to the food bank you will get three days worth of nutritionally balanced food and support.

Volunteers will discuss any dietary needs you may have and exchange your foodbank voucher for a parcel of emergency food. They may also help to support you in any other ways in a totally non judgemental way.



## OVERVIEW:

- Festive Season worries
- What to expect
- Where to access free food list

Sadly more people than ever are expected to need the services of local food banks this Christmas. Local food banks may be able to provide you with much-needed necessities over the Christmas period. It helps if you know how to access them and where the nearest banks are.

The Trussel Trust has information online: [where to find a foodbank](#)

Instant neighbour has information [available here](#)

Cfine has information on their [food banks here](#)

Please call your Housing Officer if you have any worries as they may be able to help you contact the agencies involved.

# WHERE TO GET FREE HOT FOOD THROUGHOUT ABERDEEN - WINTER 2022

## SOCIAL BITE

Social Bite is continuing to provide Christmas dinner for the Homeless and vulnerable, though due to the pandemic this will be different from previous years. The cafe on Union Street will be open on both the 24th and the 25th from 12 pm - 4 pm to offer a hot Christmas takeaway lunch to those in need in a Covid compliant way.

**Instant Neighbour** 5 St Machar Drive, Aberdeen AB24 3YJ Tel: 01224 489955

Closes 1 pm on Thursday 23 December and re-opens 8.30 am on Wednesday 5 January. The food bank will be open between 10 am - 1 pm on Wednesday 29th.

**Somebody Cares** Tel: 01224 460700 Email: [info@somebodycaresuk.org](mailto:info@somebodycaresuk.org)

Somebody Cares are now taking request phone calls for Christmas Food parcels. These will be e large food parcels, providing two weeks of supplies. Somebody Cares close on 24 December and re-open on 3 January 2022.

**CFINE** 2-4 Poynerook Rd, Aberdeen, AB11 5RW Tel: 01224 596156 Email: [info@cfine.org](mailto:info@cfine.org)

Opening hours are available here

The food bank will be closed to walk-ins. However, CFINE will continue emergency home deliveries up until 12pm on 24 December.

**Aberdeen Cyrenians** Tel: 0300 303 0903 or Email: [directaccess@weareac.org](mailto:directaccess@weareac.org)

Aberdeen Cyrenians will be running every day over the festive period providing food and advice to those that are struggling or find themselves in crisis.

9 am to 5 pm every day except for Friday and Sunday which will be from 9 am to 4 pm. They will have access to food, staff to support contact to emergency funders for those struggling to put gas/electric in the meter and support with gifts for children amongst many other things.

**St Marys Cathedral** 20 Huntly Street, Aberdeen, AB10 1SH Tel: 07378 219503 Email: [standrewscommunity@cathedral-abdn.org](mailto:standrewscommunity@cathedral-abdn.org)

**Aberdeen North Foodbanks** [opening hours are available here](#)

**Touch of Love** - [support@touchoflove.org.uk](mailto:support@touchoflove.org.uk) provide three days of emergency food.



# WHERE TO GET FREE HOT FOOD THROUGHOUT ABERDEEN – WINTER 2021

We believe the information contained in this list is accurate but due to Covid restrictions would advise you to check with the organisation by either phone or email.

## Monday

Lighthouse Support Centre, 1.30pm to 2.30pm - 52 Hayton Road, Tillydrone, 01224 487001

Free lunch, 12pm to 2pm - Fountain of Love Church, 31 Palmerston Road, 01224 574 511

Free breakfast roll and drink, 9am to 11am - Free take away item - 2pm to 3pm - SocialBite, 516 Union Street, 01224 981863

## Tuesday

Free lunch, 12pm to 2pm - Fountain of Love Church, 31 Palmerston Road, 01224 574 511

Soup and sandwiches - 12:45pm - Gilcomston South Church, Union Street, 01224 647 144

Free evening meal - 5:30pm to 8pm - Aberdeen Cyrenians, 62 Summer Street, 01224 625732  
Free evening meal (service user card required\*)

Free breakfast roll and drink - 9am to 11am  
Free take away item - 2pm to 3pm - SocialBite, 516 Union Street, 01224 981863

Food and clothes parcels given out - 7:30pm to 8:30pm - St. Vincent de Paul Society, St. Mary's Cathedral, Huntly Street, 01224 640160

## Wednesday

Free breakfast - 10:30am to 11:30am - Peace House, 46 Union Street, 01224 905 594

Free Lunch - 12pm to 2pm - Fountain of Love Church, 31 Palmerston Road, 01224 574 511

Free breakfast roll and drink - 9am to 11am - Social Bite, 516 Union Street, 01224 981 863  
Free take away item - 2pm to 3pm  
Free evening meal (women only) - 4pm to 5.30pm

Winter Feeding Programme operates October – March  
The Salvation Army, Citadel, Castlegate, 01224 579370

## Thursday

Free breakfast - 10:30am to 11:30am - Peace House, 46 Union Street, 01224 905 594

Free lunch - 12pm to 2pm - Fountain of Love Church, 31 Palmerston Road, 01224 574 511

Free evening meal (service user card required\*) - 5:30pm to 8pm -  
Aberdeen Cyrenians, 62 Summer Street, 01224 625732

Free breakfast roll and drink - 9am to 11am - Social Bite, 516 Union Street, 01224 981863  
Free take away item - 2pm to 3pm  
Free evening meal - 4pm to 5.30pm

## Friday

Free breakfast - 10:30am to 11:30am - Peace House, 46 Union Street, 01224 905 594

Free lunch - 12pm to 2pm - Fountain of Love Church, 31 Palmerston Road, 01224 574 511

Free breakfast roll and drink - 9am to 11am - Free take away item - 2pm to 3pm - Social Bite, 516 Union Street, 01224 981863

## Saturday

Lunch (service user card required\*) - 12pm to 2pm - Aberdeen Cyrenians, 62 Summer Street, 01224 625 732

Hot chocolate - 9pm to 11pm - Gilcomston South Church, Union Street, 01224 647144

Free evening meal on the first Saturday of the month - 4:30pm to 5.30pm Rehoboth Banquet (Jesus House Torry),  
Old Torry Community Centre, 2 Abbey Place, 01224 4874158

Free evening meal on the last Saturday of the month - 5.30pm, Lazarus Project Soup Kitchen, RCCG City of God Church,  
20 Holburn Street, 01224 588884

## Sunday

Lunch (service user card required\*) - 12pm to 2pm - Aberdeen Cyrenians, 62 Summer Street, 01224 625 732

Free lunch served on the first Sunday of the month - 11am to 1pm - Lovebridge Community Church, Manor Park Learning Centre, Danestone Circle, 01224 049184

