

WHERE TO GET FOOD



Cost of living crisis

No one should have to go hungry. If you are worried about how you will manage over the winter 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 winter. Local food banks may be able to provide you with much-needed necessities. 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 2023

SOCIAL BITE

Social Bite is continuing to provide Christmas dinner for the Homeless and vulnerable. The cafe on Union Street will be open on both the 24th and the 25th from 10 am - 2 pm to offer a hot Christmas takeaway lunch to those in need.

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

Closes at 12pm on Friday 22nd December 2023 Open Thursday 28th December 2023 – 10am-2pm Only
Reopens on Thursday 4th January 2024 – 10am-1pm and 2-4pm, thereafter normal hours.

Somebody Cares Tel: 01224 460700 Email: 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 2024.

CFINE 2-4 Poynerook Rd, Aberdeen, AB11 5RW Tel: 01224 596156 Email: 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

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/electricity on the meter and support with gifts for children amongst many other things.

Touch of Love - support@touchoflove.org.uk provide three days of emergency food.

Fountain of God - 31 Palmerston Road - 01224 483203 - daily lunch (not Tuesday) 12 - 2pm

COG - 12 -14 Justice Street - Hot meal 6 -7.30pm - Wednesday and Sunday

Methodist CHurch - 8 Crown Terrace - Sunday 1-2pm

St Marys Cathedral 20 Huntly Street, Aberdeen, AB10 1SH Tel: 07378 219503

Email: standrewscommunity@cathedral-abdn.org

[Aberdeenshire foodbanks](#)

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

[Moray foodbank info](#)

Aberdeen [South Foodbanks info is here](#)



FOOD AND CLOTHING BANKS - WINTER 2023

Within Aberdeen city there are several places you can access food and clothing should you need to.

CFINE 4 Poynerock Road 01224 596156

Monday to Friday 9am – 3.45pm

Provide food and support for people facing hardship and those with disabilities.

Bethany Christian Trust Lighthouse Project - Hayton Road, Tillydrone - 01224 647677

Please phone for details. Provide food parcels for those in need.

St Vincent de Paul Society - St Mary's Cathedral Huntly Street, Aberdeen - 01224 640160

Please phone for details. Food and clothing.

Integrate City Church - 49 Gilcomston Park - 01224 646424

Tuesday 12-2pm (Women only) Thursday 10-12pm (Men only)

Sunday 11.30am (ask at the service if you need help). Help and support for those experiencing financial hardship or social isolation.

The Cyrenians - 62 Summer Street - 01224 625732

Please call to arrange a visit. Support for those experiencing financial crisis or hardship. Food and clothes available.

InstantNeighbour - 5 St Machar Drive - 01224 489955

Please call to arrange a visit. Food parcels and low cost furniture.

The Salvation Army Citadel - Castlegate - 01224 579370

Monday 11am – 1pm Friday 6.30 – 8pm

Food and other support.

Somebody Cares - 80 Summerhill Road - 01224 200197

Please ask a social worker / support worker etc. to refer you.

Food parcels, toys, clothes and furniture.

Scottish Welfare Fund Phone 08000 304713

Call Monday to Friday 8am to 5pm or apply online.

Food vouchers / cash for help with food and electricity costs in a crisis situation.

Furniture is available for people resettling in the community.

Please note you will only receive one award in any 28 day period.

Lovebridge Community Church - Manor Park Learning Centre Danestone Circle, Aberdeen
01224 049184

Tuesday 6pm – 7:15pm Sunday 10.30am – 1.30pm

Please call for information and support. Food and clothing parcels.

Assistance for anyone experiencing social/financial hardship, isolation or requiring pastoral care.

