

Affordable (+ free) food in Islington

Monday

Margins Project at Union Chapel
Drop-in session for people facing homelessness
Hot food takeaway
11:00am-1:00pm
19B Compton Terrace N1 2UN

Caxton House
N19 3RQ
(from 12.30) - surplus bread and cakes in reception when available

Tuesday

St Luke's Food Hub

1:30-3:30pm for EC1 residents, by appointment
0207549 8181 / info@slpt.org.uk / EC1V 8AJ

Brickworks Community Centre Drop-in for food parcels
12pm-3pm. 42 Crouch Hill N4 4BY. For local area (N4 4BY)
colin.adams@hanleycrouch.org.uk / 0207 263 1067
On other days, can provide emergency food bags (if available)

Elizabeth House
Pop-up food store, £3
For residents in: N4 2, N4 3, N5 1, N5 2, N7 7
Register: 02076901300
info@elizabeth-house.org.uk

Hilldrop Community Centre N7 0JE
12:15 - 2pm
Free hot lunch for residents of N7 & local Hilldrop Estates
Term-time only

Hornsey Lane Community Centre
Giving out surplus food
2:30-4:30pm at
Hornsey Lane N19 3YJ
020 7272 5938

Mildmay Community Centre N16 8NA
Soup & Stew Day
(12.30-2pm) Hot bowl of stew or soup; meat / vegetable option
(donation based)

Wednesday

Margins Project, Union Chapel
Drop-in session: 11am-1pm

Manor Gardens Centre
9 Manor Gardens, N7 6LA
10:45am-12pm. Food co-op Take what you need for £3

FoodCycle Islington
Free hot meal, 1pm
New River Baptist Church, N1 2TL
No need to book!

The Ringcross Foodbank N7 8RH
Food parcels, meals & essentials
1-4pm £3.00
07565 256 537 www.rcfb.info
Open to residents of Holloway, Laycock, Caledonian Wards & Hyde Housing Estates (proof of address needed), as well as people who are sleeping rough

The Hive Foodbank N19 3AD
6.30-8.30pm. Referral needed
020 7916 2710
hivefoodbank@gmail.com

St. George's N7 0ND Free Hot Lunch
12-2.30pm term time

Thursday

Mildmay Community Centre
N16 8NA
Community Cook-up
Free shared meal.
Meat / vegetarian option. Donations welcome
Cooking activity:
9.30am - 12.30pm
Food served: 12.30 - 1.30pm

Hillside Clubhouse
30 North Road, N7 9GJ
Hearty Thursdays
12:30 - 3pm
Giving out free meals, hand-cooked by their members for the community.
Halal, Kosher & vegetarian options

Copenhagen Street Foodbank: N1 0SR
Weekly foodbank
1pm-3:30pm. Fresh food and non-perishable items
02078378378
copenhagenstreetfoodbank@gmail.com

Friday

Mildmay Community Centre
N16 8NA
Weekly food co-op for residents of Mildmay ward - £1 per person in household. Register: mildmaycp@gmail.com
020 7249 8286
If you don't have access to a phone or email, feel free to go to the centre
Fridays 11.30am - 1.30pm

Andover Surplus Food project
Andover Community Centre, N7 7RY.
1:30pm
Residents of Finsbury Park Ward. Free - choose 5 items
020 7272 3493
andovercc@islington.gov.uk

St Mary's Church & The Hive Foodbank
3-5.30pm. N19 3AD
Cook Together Drop-In
Learn to make cheap, easy & tasty meals. All ingredients provided

St. Mary's Islington N1 2TX
Open House (10.30-1.30) - free coffee morning and soup lunch

Weekends

Choices CiC - African Caribbean Cultural Food Co-op
Pay a membership fee of £5 in return for £20 - £25 worth of Afro-Caribbean foods
First Saturday of every month at 2pm
Caxton House N19 3RQ
If you are on low or no income, please contact us about joining:
info@choiceslondoncic.com

FoodCycle Finsbury Park
Free 3 course vegetarian meal
Saturdays 1pm onwards
Andover Community Centre, Corker Walk, N7 7RY
No need to book!



Other services:

Bags of Taste: free, mentored at-home cooking course to make low-cost, nutritious meals. Ingredients provided for free and delivered to your house. Open to all Islington residents.

islington@bagssoftaste.org // 07986042458

Hornsey Lane Community Centre:

Family Cook & Share: Wednesdays 10am-2pm

Free Lunch Clubs for people over 55:

Thursdays 12-2pm New Orleans Hall, N19 3TH

Saturdays 12-4pm at Hornsey Lane Estate Community Centre N19 3YJ

St Luke's Community Centre, EC1V 8AJ:

Over 55s Lunch Club for Islington residents offering low cost freshly cooked lunches on-site

90 Central St, EC1V 8AJ. Monday to Friday 12-2pm

Elizabeth House Community Centre N5 1ED:

Blue House Club (**over 50s club**). Wednesdays (term-time only). **Chair Yoga** 11am, **free hot lunch** at 12pm, followed by an activity

Healthy Start Vouchers

Get **support to buy milk or food**. Payments are loaded onto a prepaid card to be used in shops. Open to women/people at least 10 weeks pregnant or families with a child under four years and receiving:

- Universal credit with total earned income of £408 or less (after tax) per month for the family
- Child tax Credit with a family income no more than £16,190 per year
- Income support
- Income-based jobseeker's allowance
- Pension Credit
- Income-related Employment and Support Allowance (for pregnant people only)
- Or pregnant and under 18

Complete application online:

www.healthystart.nhs.uk/how-to-apply/

Call **Family Support Surgeries (020 7527 8376)** for any application concerns



Bright start Islington

A range of services **supporting under 5's and their families** across Islington. For more information call: 020 7527 5959 www.islington.gov.uk/children-and-families/childrens-centres-and-under-5s



Join or start a food co-op!

Food co-ops are groups of neighbours who buy food together to save money and support each others' needs. By joining or starting a food co-op, you could save up to 40% on your weekly groceries. To find out more and for guides and resources on how to start a co-op, visit: <https://cooperation.town/>

Find your nearest food co-op by contacting co-operation town here: <https://cooperation.town/contact/>
Cooperate Girdlestone: Girdlestone Community centre, 11am-2pm Wednesdays. Open to new members!

Please note, this is not a comprehensive list of all food support available in Islington.

For more information, visit: www.islingtonfoodpartnership.org.uk

Do you have difficulty finding affordable food that reflects your cultural background or the meals you want to make? We want to hear your experiences: hello@islingtonfoodpartnership.org.uk / 07543491311