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

Wednesday

St Luke's Food Hub 1:30-3:30pm for EC1 residents, by appointment 0207549 8181 / info@slpt.org.uk / EC1V 8AI

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 3YI 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)

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 9GI **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 OSR Weekly foodbank 1pm-3:30pm. Fresh food and nonperishable items 02078378378 copenhagenstreetfood bank@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 <u>project</u> **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 3RO

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, Community Hub, Corker Walk, N7 7RY No need to book!

ISLINGTON



Updated: November 2023

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@bagsoftaste.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:

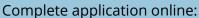
Over 55s Lunch Club for Islington residents offering low cost freshly cooked lunches on-site 90 Central St, EC1V 8AJ. Monday to Friday 12-2pm

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



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