

FOOD SUPPORT

N15
N17
N22

TOTTENHAM & WOOD GREEN

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SUMMER 2022 EDITION

TOTTENHAM FOODBANK*Ground Floor, Tottenham Town Hall, N15 4RY***Mondays:** 12pm-2pm**Thursdays:** 5pm-7pm

3 days of emergency long life food, toiletries and household products. Referral only for Haringey residents in crisis.

You must have a voucher to access this service. Apply in advance, collect in person.

Help Through Hardship: [0808 208 2138](tel:08082082138),

Mon-Fri: 9am-5pm

(also includes help to maximise your income, navigate the benefits systems and identify additional grants you could be entitled to)

Haringey Citizens Advice: [07845013956](tel:07845013956),

Mon, Wed & Fri: 10am-3pm

(Whatsapp and text message service only)

Connected Communities:connectedcommunities@haringey.gov.uk**SELBY CENTRE FOOD HUB***Selby Road, N17 8JL***Tuesdays:** 2pm-4pm**Thursdays:** 1:30pm-3:30pm

Food parcels including fresh fruit and veg. Everyone welcome, no referral/voucher needed, take away food that day.

TOTTENHAM SEVENTH DAY**ADVENTIST CHURCH***255 West Green Road, N15 5EG***Tuesdays:** 12:30pm-2:30pm**Saturdays:** 3:30pm - 5:30pm

Food parcels including fresh fruit and veg. Everyone welcome, no referral/voucher needed, take away food that day.

UPTOWN CUISINE*161 Park Lane, N17 0HJ***Saturdays:** 2pm-7pm

Fresh fruit, veg, bread, dairy, meat and ready meals. Everyone welcome, no referral/voucher needed. Register with a volunteer when you arrive - same day collection. Remember to bring your owns 'bags for life'

COMMUNITY FOOD HUB*Ground Floor, Tottenham Town Hall, N15 4RY***Mon, Wed & Fri:** 4pm-6pm**Saturdays:** 3pm-5pm

Fresh fruit, veg, bread, dairy, meat and ready meals. Everyone welcome, no referral/voucher needed. Register with a volunteer when you arrive - same day collection. Remember to bring your owns 'bags for life.'

Mon, Wed & Fri: Tickets are issued from

4pm-6pm. Service starts at 5pm

Sat: Tickets are issued from 3pm-5pm.

Service starts at 4pm

FIVE LOAVES FOODBANK*Triumphant Church International, 136 West Green Road, N15 5AD***Sundays:** 1pm-2pm

Food parcels for people in need locally. Referral/voucher needed for every Sunday except every third Sunday of the month. Referral/voucher needed for all other Sundays.

Contact your GP, DWP office, or educational establishment to get a voucher. For more information, [call 0208 800 6001](tel:02088006001)

**HOLY TRINITY CHURCH
FOODBANK***Holy Trinity (C. of E) Parish Church, Philip Lane, Tottenham, N15 4GZ***Saturdays:** 12pm-1pm

Food parcels with fresh fruit and veg. Everyone welcome, no referral/voucher needed - same day collection. Don't forget to bring your own 'bags for life'.

THE COMMUNITY COOK UP*Eric Allin Community Centre, N17 0QA***Thursdays:** 10am-1pm

Hot meals, groceries & other support....just ask! Everyone welcome, no referral/voucher needed.

BOUNDS GREEN FOODBANK

St Michaels Hall,
37 Bounds Green Road, N22 8HE

Tuesdays: 1-4pm

Thursdays: 1-4pm

Food parcels available to anyone in need in the local areas of N11, N13 or N22. Please bring I.D or proof of address. Chat with our trained volunteers...we're here to help! Everyone welcome, no referral/voucher needed - take away food that day

EDIBLE LONDON

20-22 Bernard Road, N15 4NE

Thursdays: 12-4pm

Pre-made plant based meals (made on the same day), suitable for everyone. Fresh fruit and veg.

RCCG/PHCC FOOD HUB

454A High Road, N17 9JD

Sundays: 11am-1:30pm

Food parcels with fresh fruit, veg and household essentials. No referral/voucher needed. Everyone is welcome, remember to bring your 'bags for life.'

Email: info@rccgjesusassembly.org.uk

Call: 07443 067 640

Web: www.rccgjesusassembly.org.uk

TOTTENHAM FOOD HUB

Living Room (Opposite Tottenham Job Centre) Tottenham High Road, N17 8AA

Every other Tuesday: 11am-1pm

Food parcels with fresh fruit, veg and personal hygiene items for anyone in need - homeless, unemployed and low income. No referral/voucher needed, take away food that day. Please register on your first time visiting to be notified of the Tuesdays you can come to collect food.

OK FOUNDATION

Lordship Hub, Lordship Rec.
Off Higham Road, N17 6NU (Thursdays)
7 Holcombe Road, N17 9AA (Sundays)

Thursdays: 12pm - 3pm

Sundays: 12pm (till food is gone)

Free cooked hot meals for everyone, no referral/voucher needed. Entertainment is sometimes provided (music, games, discussions etc.).

Simply register in advance at:

www.OKFoundation.org

Food parcels with fruit, veg, sandwiches and ready made meals. Everyone welcome. No referral/voucher needed.

LORDSHIP HUB CAFE

Lordship Hub, Lordship Rec.
Off Higham Road, N17 6NU

Thursdays: 11am-1pm

Over 50s coffee/tea/biscuits morning

ANTWERP ARMS ASSOCIATION

Antwerp Arms, 168-170 Church Road, N17 8AS

Tuesdays: 12pm-2:30pm

The AAA serve a **free lunch every Tuesday for people in need**. Everyone is welcome. No referral/voucher needed, just turn up! Lunches are prepared by volunteers.

We also utilise our small garden space for people to learn how to grow plants to build an edible garden.

If you would like the opportunity to gain valuable experience to help prepare meals and garden, please email volunteer@antwerparms.co.uk.

HARINGEY COMMUNITY FOODBOX

Commerce Road Community Centre,
52 Commerce

Mon-Fri: 11am-3pm

Emergency food & essential supplies.
For Haringey residents by referral only:
contact Homes for Haringey staff, local GP,
DWP office, or educational establishment.

HORNSEY FOOD BANK

Middle Lane Methodist Church, N8 7JN

Thursdays: 10:30am-1pm

We provide food (including fresh bread,
fruit and vegetables) and household items.
Please bring a strong bag or shopping trolley
if possible. See www.hornseyfoodbank.com
for more details

WHEELY TOTS

Broadwater Farm, Manston Block,
Adams Road, N17 6HU

Saturdays: 10am-11am

Referral needed - visit on a foodbank week
to register. You can also complete an online
interest form, visit wheelytots.com, search
for foodbank form, click on Foodbank and
complete the form. If your application is
successful, you will be given a time slot for
the following Saturday via text message, so
you'll be able to confirm your attendance..

PCF FOODBANK

89 Broad Lane, N15 4DW

Wednesdays: 11am-12pm

Food parcels including fruit, veg and
household products. Everyone welcome,
especially homeless, unemployed and
low-paid. No referral/voucher needed. Same
day collection.

HOMEGROWN IN TOTTENHAM

Ashley House, Ashley Road, London N17 9LZ

Weds: 1pm-4pm (Community Kitchen)

Sat: 11am-4pm (Food Parcel Collection)

Sat: 12pm-2pm (Cooking Class)

Food Parcel Collection (Sat, 11am-4pm)
No referral/voucher needed. Food parcels
including cooked meals, fresh fruit and veg.
Same day collection. For home deliveries,
please contact us beforehand to arrange.
Contact Number: [07940547134](tel:07940547134)
Email: communityumbrella@yahoo.com

Cooking Class (Sat, 12pm-2pm)

Cooking class for kids and parents - Healthy
eating with an african twist. Please contact
us in advance to book your slot

Community Kitchen (Weds, 1pm-4pm)

Free cooked food for the community. Just
turn up, no referral/voucher needed.

We are looking for volunteers over the
summer, if you are interested in volunteering,
email us at communityumbrella@yahoo.com
or contact Rose: [07940547134](tel:07940547134).

BREADLINE LONDON

October 2022 start

Supporting families and individuals to raise
themselves out of the cycle of debt, hardship
and poverty, and create a more sustainable
lifestyle through: Budgeting, Healthy Eating,
Financial Education and Business Support

We offer:

- A variety of practical workshops
- 1 to 1 individual or family support sessions
- Budgeting support and strategies
- Healthy meals and menu creation
- Strategies on food waste reduction
- Financial education and micro business
development
- A referral service
- Volunteering opportunities

For more information,
call Marie: [07415489506](tel:07415489506),
email: breadlinelondon@gmail.com

KIDS EAT **FOR LESS** OR **FREE** DURING **SUMMER 2022**

MORRISONS

Spend £4.99 to get a free kids meal after 3pm daily, normally all day during half term.

ASDA CAFE

Kids eat for £1 every day with NO need for a paying adult from 25th July to 4th September 2022.

DUNELM

One free mini main, two snacks and a drink for every £4 spent in the instore cafe.

YO!

Kids eat free from 3pm-5:30pm, Mon-Thurs for every £10 spent on food.

BEEFEATER & BREWERS FAYRE

Free breakfast for two children under 16 with every paying adult.

HUNGRY HORSE

Free kids breakfast with an adults breakfast from 9am-12pm daily.

IKEA

Get TWO kids hot meals, fruit, drink and jelly for £5 in their restaurants (subject to availability)

BELLA ITALIA

Kids eat for £1 with each adult meal from 4-6pm on Mon-Thurs.

DOBBIES

Kids eat free with an adult main meal.

TABLE TABLE

Two children under 16 get a free breakfast with one paying adult every day.

CAFE ROUGE

Kids eat for £1 with an adult meal excluding Saturday.

MORE TO COME!!

M&S, TESCO and more expected soon, see their websites for latest information.

food support by day

MONDAY

Haringey Community Foodbox
11AM - 3PM

Tottenham Foodbank
12PM - 2PM

Community FoodHub
4PM - 6PM

TUESDAY

Tottenham Food Hub
11AM - 1PM
(every other Tuesday)

Haringey Community Foodbox
11AM - 3PM

Antwerp Arms Association
12PM - 2:30PM

Tottenham Seventh Day
Adventist Church
12:30PM - 2:30PM

Bounds Green Foodbank
1PM - 4PM

Selby Centre Food Hub
2PM - 4PM

WEDNESDAY

PCF Foodbank
11AM - 12PM

Haringey Community Foodbox
11AM - 3PM

Homegrown in Tottenham
1PM - 4PM

Community FoodHub
4PM - 6PM

THURSDAY

The Community Cook Up
10AM - 1PM

Hornsey Foodbank
10:30AM - 1PM

Lordship Hub Cafe (over 50s)
11AM - 1PM

Haringey Community Foodbox
11AM - 3PM

OK Foundation (Lordship Hub)
12PM - 3PM

Edible London
12PM - 4PM

Bounds Green Foodbank
1PM - 4PM

Selby Centre Food Hub
1:30PM - 3:30PM

Tottenham Foodbank
5PM - 7PM

FRIDAY

Haringey Community Foodbox
11AM - 3PM

Community FoodHub
4PM - 6PM

SATURDAY

Wheely Tots
10AM - 11AM

Homegrown in Tottenham
11AM - 4PM

Holy Trinity Church Foodbank
12PM - 1PM

Uptown Cuisine
2PM - 7PM

Community FoodHub
3PM - 5PM

Tottenham Seventh Day
Adventist Church
3:30PM - 5:30PM

SUNDAY

OK Foundation (Holcombe Rd)
12PM (till food is gone)

RCCG/PHCC Food Hub
12PM - 1:30PM

Five Loaves Foodbank
1PM - 2PM

Help fight back against the Cost of Living Crisis by volunteering at our local FoodBanks & FoodHubs!

- Gain experience, share your skills and learn new ones
- Build your confidence
- Empower local residents
- Get to know your neighbours
- Boost your career prospects

Get in touch if you can support during 2 shifts each month:

Community Food Hub

Email info@Freedomsark.org or turn up 1hr before opening time. All volunteers are entitled to pick up groceries for themselves.

Selby Food Hub

Email Sally@SelbyTrust.co.uk

Bounds Green Foodbank

Email Sally@SelbyTrust.co.uk

Email VolunteerSupport@BoundsGreenFoodbank.org

Edible London

Email info@ediblelongon.org



@TottFoodbank @theCommunityFoodHub
@LordshipHub @AntwerpArmsAsoc
@SelbyCentre @CommunityCookUp_Tottenham