

Places to go for Free & Low-cost Food and Meals in Southwark

March 2026 – with Easter openings



Places to go for free food			
Dawson Heights Community Fridge Dawson Heights Community Hall Ladlands, Dawson Heights Overhill Road, SE22 0PP Provides: Community fridge providing variety of perishable food, subject to change however, often including fruit and veg, microwave meals.	Open to all and free.	Wednesday 3:30pm-5pm Open as normal over Easter	07951 524656 Rubia.khatun@springcommunityhub.org.uk
Albrighton Community Fridge Albrighton Community Centre 37 Albrighton Road East Dulwich SE22 8AH Provides: Community fridge. Fresh food, fruit and veg, and tinned and packeted, baby food/formula if in stock. Additional support: Walk-in session with Citizen's Advice advisor on Mondays 1-3pm.	Open to all and free, need to sign up if first time visiting. Once signed up, you will be given a time slot to come and collect your food.	Mon, Tues, Thurs & Fri 1pm-3pm Closed: Friday 3 rd & Monday 6 th April	https://www.albrightoncommunityfridge.org/ https://www.facebook.com/albrightoncommunitycentre/?locale=en_GB 020 7737 6186 jackie.mustoe@albrightoncommunitycentre.org
UCKG – Peckham Help Centre 176-178 Rye Lane Peckham SE15 4NF Provides: Takeaway sandwiches and drinks and food parcels. Baby food/formula available when in stock. Additional support: Debt support, immigration, and legal advice through a referral mechanism.	Free and open to anyone.	Saturday 11am-1pm Open as normal over Easter	UCKG Outreach 020 7686 6000 outreach@uckg.org
The Redeemed Assemblies Support Service Foodbank (TRASS) 821 Old Kent Road Peckham SE15 1NX (over the road from Aldi) Provides: Veg, fruit, sandwiches, breads, pastry, cakes, and ready-made meals when available. Hot tea. Every Saturday –hot meal to eat in.	Open to all and free.	Monday to Friday 9am-10am Sunday 10am-11:30am Hot meal on Saturday 10am-12pm Open as normal over Easter	https://www.theredemedassembliesuk.com/community-support 07577 836 335 admin@theredeemedassembliesuk.com

RCCG Winners Temple Foodbank (upstairs Church Hall) 30 Wagner Street – off Ilderton Road junction Peckham SE15 1NN Provides: Usually pastries, dairy & canned foods, pasta, noodles, fresh fruit and veg. Supervised self-service.	Open to all and free.	Sunday 12:15pm-1:15pm Open as normal over Easter	020 7277 8002/07956 813 701 admin@winnerstemple.org.uk
RJ4All Community Fridge RJ4All Rotherhithe Community Centre 30 Plough Way Rotherhithe SE16 2LJ Provides: Surplus chilled food, non-perishable and frozen items. Bring bags and containers. Second-hand shoes & clothes, some cleaning & personal hygiene products are available at a cost. Additional support: Support with benefits, form filling, NHS app and technical issues during digital drop-in on Thursday 4-6pm. For support outside the drop-in sessions, please email admin@rj4all.org .	Open to all, one visit per day Free or donation of £1 if possible.	Tuesday 10am-5pm (best time to come); Wednesday 2-5pm; Thursday 3-5pm. Open as normal over Easter	https://rj4all.org/ https://rj4all.org/weillbeing-services/ https://www.facebook.com/RJforAll/ 07708 758600 admin@rj4all.org
Excel Beyond Barriers Community Hub Ketra Community Hall Telfer House Seeley Drive Kingswood Estate SE21 8QW Provides: Foodbank (fresh, frozen, tinned foods, cereal, etc & African Caribbean foods, baby foods), toiletries, nappies and wipes Additional support: Offer appointments with advisor on Mondays and Wednesdays- support with debt/benefits or other issues.	Open to all and free.	Friday 12noon-4pm Other services by appointment only. Closed: Friday 3 rd April	07958 064597 info@excelbeyondbarriers.com
Draper Together Draper Hall Hampton St Elephant & Castle SE17 3AN Provides: Collection of a variety of foods, including fresh and tinned. Additional support: Kids Club (ages 7-11) on Friday 4:30-7:30pm and Youth Football Wednesday 4.30	Open to all and free.	Monday 3:30-5:30pm Thursday 9:30-11:00am Food Hub & Bingo with hot meal on Wednesday 11am-2/3pm (food served around 12pm) Open as normal over Easter	https://www.drapertogether.org/ 07719977642 office@drapertogether.org director@drapertogether.org

Oasis Community Fridge 1 Kennington Road Waterloo SE1 7QP Provides: Surplus food, usually a small amount depending on what is available. It is recommended to come early on weekdays as operate on a first-come-first-served basis. Also tea/coffee from 10am-4pm. Additional support: Oasis Centre offer advisory support on issues such as housing, debt, immigration etc. Visit centre to enquire.	Open to all and free.	Monday to Friday 10am – 5pm Saturday 10:30-11am (As part of English Language café) Closed: Friday 3 rd & Monday 6 th April	http://www.oasiswaterloo.org/communityspace/ 020 7921 4205 (option 7) welcome@oasiswaterloo.org
Rotherhithe Community Kitchen Foodbank Time and Talents The Old Mortuary St Marychurch Street, Rotherhithe SE16 4JE Provides: Friday- fruit and veg, some chilled food, frozen food, and pantry items Additional support: Walk-in session with Citizens Advice advisor.	Open to all and free.	Friday- 2-4pm Hot meal on Sunday 12-1.00 pm at Peter Hills C of E Primary School, 2 Beatson Walk, SE16 5ED (back door entrance) (healthy eating, cooking & budgeting course 11am-12noon) Open as normal over Easter	https://shininglight4u.com/food-bank 07523 479983 rckfood4u@proton.me
Rotherhithe Community Kitchen Foodbank YHA London Thameside 20 Salter Road Rotherhithe SE16 5PR Provides: Foodbank with fresh fruit and vegetables , pantry and some chilled and frozen foods.	Open to all and free.	Monday & Thursday 1.30-3pm Open as normal over Easter	https://shininglight4u.com/food-bank 07523 479983 rckfood4u@proton.me
Brotherhood of the Cross and Star UK Foodbank Brotherhood of the Cross & Star Olumba House Falmouth Road Elephant & Castle SE1 6RT Provides: Fresh fruit & veg, dried & tinned food, toiletries (when available), ready-made vegetarian meals (when available) Additional support: Referrals to Little Village Charity can be arranged for single parents & families.	Open to all and free.	Friday 1.30pm - 4.00p Open as normal over Easter	https://www.bcs-uk.org/fresh-food-distribution 07399 467466 charity@bcs-uk.org

Places to go for low-cost food

Peckham Pantry 49-53 Peckham Park Road Peckham SE15 6TU Provides: Community shop. Fruits, veg and other food items to make a healthy meal. Baby food/formula sometimes available. Additional support: Thames Reach advisor on a Thursday, for general advice and signposting, 10am-4pm.	Open to all to join as a member, no referral needed. Pay £5 in return for £15–£20 of food at each visit. Limit of two visits per day.	Tuesday 10am-4pm, Weds & Fri 9am-4pm, Thursday 10am-7pm, Saturday 9am-3pm Closed Friday 3 rd April	https://www.pecan.org.uk/peckham-pantry/ 020 7277 7075 pantry@pecan.org.uk
Peckham Pantry St Luke's Church Chandler Way Peckham SE15 6DT Provides: See above.	See above.	Wednesday 10am-2pm Open as normal over Easter	See above.
Peckham Pantry Pop-up Rachel Leigh Community Hall 32 Andrews Walk Kennington SE17 3JQ Provides: See above.	See above.	Tuesday 11am-1pm Open as normal over Easter	See above.
Bermondsey Pantry 4-5 Slippers Place Gataker Street Bermondsey SE16 2EN Provides: Fresh fruit, veg, meat and dairy (milk, butter, cheese), tinned & packeted foods for the cupboard, frozen foods. Also Betty's Baby Bank: free baby clothes, nappies Weds (10am-1pm).	Open to all – but need to book an appointment £5 for 12 items (pantry)	Weds & Thurs 10am-2pm Open as normal over Easter	Contact for appointment: Kathy Heather 07730 465 160 lovenorthsouthwark@outlook.com
The Borough Food Co-operative St George the Martyr Borough High Street Borough SE1 1JA Provides: Offers fresh fruit and vegetables, chilled items, frozen ready-meals, dry goods, and personal care and cleaning products. Deliveries available for those housebound or unwell at same cost. Additional support: Citizens Advice drop-in session for Borough Food Co-operative members on	Open to all to join as a member. £4.50 per shop for up to 16 items-£15-£30 worth of food	Tues, Thurs and Sat 11am-3pm Closed: Saturday 4 th & Tuesday 7 th April. Also closed Saturday 18 th April.	https://www.boroughfoodcooperative.co.uk/ 020 7357 7331 food@sgtm.org.uk

alternate Tuesdays (11am-3pm). See website for dates.			
Paxton Pantry Unit 32 Seeley Drive Kingswood Estate SE21 8QR Provides: Food including fresh fruit and vegetables. Additional support: Drop-in citizens advice advisor, fortnightly on Tuesdays from 12-3pm, providing advice and support with issues around debt, immigration, employment, family and health.	Open to all to join as a member. First come first served. Weekly subscription of £4.50 for a weekly food shop.	Tuesday 12 noon-4pm Open as normal over Easter	https://www.yourlocalpantry.co.uk/pantry-listings/london-paxton-pantry/ https://www.facebook.com/pgtbPantry Pantry@pgtimebank.org
Spring Social Supermarket 86 - 88 Vestry Rd Camberwell SE5 8PQ Provides: A wide choice of affordable, healthy, and culturally sensitive food such as yam, plantain and black-eyed peas. Additional support: Members are offered intensive wraparound support when they first join, delivered by an experienced and trained advisor.	Low cost (£5) food shop with membership. Membership open to anyone on eligible benefits/ with low or no income. Check website to find out more.	Mon, Weds and Sat 10am – 2pm Check website or contact for Easter opening times.	https://www.springcommunityhub.org.uk/social-supermarket/ https://www.facebook.com/springcommunityhub 020 7703 1653 / 07901 617189 social.supermarket@springcommunityhub.org.uk
South London Mission Pantry Bermondsey Central Hall 256 Bermondsey Street Bermondsey SE1 3UJ Provides: fresh food, tins & household items. Additional support: An additional low-cost wellbeing bank for non-essential items - charged separately	£5 for around £25 worth of food. Open to all. No appointment or referral necessary.	Wednesdays 10-12 (term time only) Closed for two weeks over Easter school holidays	https://www.slmbermondsey.org/bermondsey-central-hall 020 7407 2014 Contact@slmbermondsey.org
St Giles Pantry 64 Camberwell Church Street Camberwell SE5 8JB Provides: Healthy nutritious food Additional support: 1-1 support includes: employment, training & education; benefits & debt; health & wellbeing; and housing. Obligatory with pantry membership. Currently, not accepting self-referrals.	Low cost (£4.50) weekly food shop with membership. Membership lasts 6 months.	Tuesday and Wednesday 11am-2.30pm Thursday 10am-3.00pm Open as normal over Easter	https://www.stgilestrust.org.uk/what-we-do/tackling-poverty/st-giles-pantry/ 020 7708 8000 info@stgilestrust.org.uk

Places to go for meals, cafes, takeaways (free or donation)

Peckham Soup Kitchen Peckham Square 89 Peckham High St SE15 5RS Provides: Takeaway meal/ groceries from van parked in Peckham Square. Delivery of meal on Wed eve to local older people on request. Contact details below.	Open to all and free.	Friday 3.30pm – first come, first served. Open as normal over Easter	https://www.peckham-soupkitchen.org/ 07424 710331 peckhamsoupkitchen@gmail.com
St Lukes Community Café St Lukes Church Hall Chandler Way SE15 6DT Provides: Light meal/hot drink and biscuits. Additional support: "Be Well Hub"- trained volunteers on hand to provide a listening ear and, where appropriate, signpost people towards appropriate mental health support.	Open to all. Free/donation welcome. Runs alongside Peckham Pantry at St Lukes Church.	Wednesday 10am-2pm Open as normal over Easter	https://www.stlukespeckham.co.uk/ 07743 961 626 jo.stlukespeckham@gmail.com
Copleston Community Café & Warm Space Coffee Morning Copleston Road SE15 4AN Provides: Community Cafe serving lunch, tea/coffee and cake. Coffee morning - Thurs - hot drinks, biscuits & home-made cakes Additional support: Activity programme runs alongside.	Open to all, no referral needed. Warm Space/community café - Mondays & Wednesdays, donations £4-£5 asked for on Weds.	Monday & Wednesday 12:30pm-2:30pm (term time only) (kitchen closes at 2pm) Thurs 10.30-12. Closed for school holidays Monday 30 th March, reopening Monday 13 th April.	https://www.coplestoncentre.org.uk/ 020 7732 3435 https://www.coplestoncentre.org.uk/community-centre/mental-health-wellbeing-services ann@coplestoncentre.org.uk
Hope Tuesday Cafe City Hope Church 121 Drummond Rd Bermondsey SE16 2JY Provides: Lunch –hot meal, tea, coffee and cakes. Alongside activity such as a quiz. Additional support: Christians Against Poverty debt advice & money courses. Contact email for more information.	Open to all and free.	Tuesday 1pm-2.30pm Closed: Tuesday 7 th April. Also closed Tuesday 26 th May.	https://cityhope.london/ 020 7993 3934 hello@cityhope.london

All Saints Church Cafe All Saints Church, Peckham Blenheim Grove Peckham SE15 4QS (café is in main church, not the hall, entrance by the bus stop) Provides: Community café. Teas, coffee, cakes etc.	Open to all and free.	Tuesday & Thursday 9.30am - 11am Closed: Tuesday 31st March & Thursday 2nd April.	https://www.allsaintspeckham.org.uk/mission-community/community-cafe/ 020 3637 2701 hello@allsaintspeckham.org.uk
Be Enriched Castle Canteen Crossways United Reformed Church/Crossways Christian Centre 18 Hampton Street Walworth SE17 3AL Provides: Community canteen. Hot vegetarian meal cooked on site to eat in. Additional support: Fuel vouchers are donated at the canteen for people who meet certain criteria.	Open to all. Free but £1 donations welcome.	Monday Food service between 1-2:30pm. Open from 12:30pm for guests to have tea/coffee before service starts. Closed: Monday 6 th April	https://www.be-enriched.org/canteens 07397 288160 (Mon-Fri 10am-5pm) hello@be-enriched.org
Manna Centre 12 Melior Street London Bridge SE1 3QP Provides: Breakfast & lunch Additional support: Showers, clothing, housing & welfare advice and medical care and IT facilities.	Open to homeless and anyone in need. Free.	Monday to Sunday 8.30am- 1.30pm Open as normal over Easter	https://www.mannasociety.org.uk/ 020 7357 9363 mail@mannasociety.org.uk
Foodcycle Peckham All Saints Church Hall Blenheim Grove Peckham SE15 4QS Provides: Sit-in community meals. Hot vegetarian meals cooked on site.	Open to all and free.	Wednesday 5pm-6pm Saturday 5.30pm-6:30pm Open as normal over Easter	https://foodcycle.org.uk/location/foodcycle-peckham-wednesdays/ https://foodcycle.org.uk/location/foodcycle-peckham-saturdays/ 020 7729 2775 peckham2@foodcycle.org.uk
Webber Street Day Centre Webber Street Centre 6-8 Webber Street Waterloo SE1 8QA Provides: Sit-in hot breakfast Additional support: Twice weekly nurse visits & fortnightly podiatrist. Dental van every Monday. Women's only service every Friday 9.30 – 12pm.	For rough sleepers, homeless and other vulnerable people. Free.	Monday to Thursday 8:45-11:45am Closed: Friday 3rd & Monday 6th April	https://www.webbertreet.org.uk/ 020 7928 1677 wsenquiries@lcm.org.uk

Able to provide clothing and showers, and to make referrals to other agencies.			
Dene Community Centre Dene Community Centre 95b Meeting House Lane Peckham SE15 2TU Provides: Sit-down hot meal and fresh/dry food to take away.	Open to all and free.	Friday 3pm-7pm (Except last Friday of month when there is bingo instead of meal) Closed: Friday 3 rd April	Facebook group: https://www.facebook.com/groups/519577289860965?locale=en_GB 07982 408932 acorntra@gmail.com
Walworth Living Room All Saints Hall, Surrey Square Road SE17 2JU Provides: Community Brunch, often inc. cereals, granola, fruit and toast Additional support: Range of community activities, go to website for more details.	Community Brunch is open to all and free	Community Brunch- Thursday 10am-11:30am Closed: 3 rd & 4 th April	https://www.pembrokehouse.org.uk/events/community-brunch-2/ https://www.walworthlivingroom.org/activities 020 7703 3803 info@pembrokehouse.org.uk
The Purple Ladies Wednesday Cafe Cossall TRA Hall 48 Mortlock Close London SE15 2QE Provides: Home-made vegetarian hot meal, Tea, Coffee and Cake. Additional support: For women only - exercise, movement and wellness activities 11am-1pm	Open to all and free.	Wednesdays (school term only) 1-3pm Closed over school holidays	07715 577276 - Dagmara 07946 744398 – Christelle email: info@thepurpleladies.com
Kingswood House Community Kitchen Kingswood Arts Seeley Drive Kingswood Estate SE21 8QN Provides: Community meal	Open to all and free.	Tuesdays 6.30-8pm (doors open 6pm for teas/coffees) Open as normal over Easter	No website currently 020 7870 8051 info@kingswood-house.com
The Redeemed Assemblies Support Service Foodbank (TRASS) - Hot meals to eat in every Saturday – see entry on page one Draper Together - Hot meals to eat in every Wednesday – see entry on page two Rotherhithe Community Kitchen - Hot meal every Sunday – See entry on page three			

Foodbanks where you need a referral or voucher from an agency

Southwark Foodbank Provides: Emergency parcels of mainly tinned & packeted food plus basic toiletries. Fresh food when available. Additional support: Citizens Advice advisor present at foodbank sessions to offer support with eg. income, housing.	Open to anyone experiencing hardship but referral/voucher needed from an agency that is registered with the foodbank e.g. schools, council services, health services, charities etc.	Once you have a voucher, food parcels can be collected from the next available foodbank session in the borough: see website. Closed: Thursday 2nd, Friday 3rd and Monday 6th April	https://www.pecan.org.uk/southwark-foodbank/ 0207 732 0007 foodbank.support@pecan.org.uk
Spring Community Hub Provides: Food parcels of fresh fruit and vegetables, culturally appropriate food, non-perishable groceries, toiletries, and other necessities, catering where possible for specific needs (e.g. HALAL). Additional support: Run a Community Hub for referred clients offering advice services, particularly around debt, welfare benefits and immigration.	By referral via email for those who are NRPF, financially insecure, homeless, and other vulnerable people (e.g. those with disabilities). Referrals needed from GP surgeries, Southwark Pensioners, Citizens Advice, schools, Job Centre, Churches, Mosques and other Frontline Agencies, etc. via foodbank@springcommunityhub.org.uk. But contact us directly if accessing agencies is difficult and we talk you through what to do.	Once we receive your referral, you will be contacted and invited to visit one of our centres where you will be seen and have a food parcel put together for you. Check website or contact Hub for Easter closures.	https://www.springcommunityhub.org.uk/ https://www.facebook.com/springcommunityhub 020 7703 1653/07901 617189 foodbank@springcommunityhub.org.uk

T: 020 7732 0007

E: sfaa@southwark.gov.uk

Web: <https://www.southwarkfoodactionalliance.co.uk/>

FB: https://www.facebook.com/southwarkfoodaction?locale=en_GB

Instagram: <https://www.instagram.com/swkfoodaction/>

LinkedIn: <https://www.linkedin.com/company/southwark-food-action-alliance/>

