

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

December 2025



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 Christmas and New Year: Open Wed 24 th , then closed, re-opens Wed 14 th Jan.	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 Christmas and New Year: Closed: Thurs 25 th , Friday 26 th December, Thurs 1 st January. Appointments only: 11am-3pm: Tues 23 rd and Wed 24 th December. Open other days as normal, also open Wednesday 31st 1-3pm	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 Christmas and New Year	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 Christmas and New Year	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 Christmas and New Year	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 to Friday 9:30am-5:30pm Best time to come is Tuesday 11am-2pm to get most variety of products. It is recommended to text/email if visiting outside of these hours. Closed: 20th December to 4th January inclusive.	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 2pm-5pm Other services by appointment only. Open as normal over Christmas and New Year	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) run at Draper Together on Friday 4:30-7:30pm- drop in to sign up.	Open to all and free.	Monday 3:30-5:30pm Thursday 9:30-11:30am Hot meal on Wednesday 11am-2pm (food served around 12pm) Closed: 24 th , 25 th , 31 st December and 1 st January.	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) Christmas and New Year: Please phone to check.	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) Closed 25 th , 26 th December & 1 st January.	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 - 4.00pm Christmas and New Year: Last day Friday 19th December, re-opens Friday 2nd January	https://www.bcs-uk.org/fresh-food-distribution 07399467466 charity@bcs-uk.org
Places to go for low-cost food			
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.	Low cost (£4.50) weekly food shop with membership. Membership lasts 6 months.	Tuesday and Wednesday 11am- 2.30pm Thursday 10am-3.00pm Christmas and New Year: Closed Mon22 nd Dec – Fri 2 nd Jan inclusive. Re-open Tues 6 th January.	https://www.stgilestrust.org.uk/what-we-do/tackling-poverty/st-giles-pantry/ 020 7708 8000 info@stgilestrust.org.uk

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 Christmas and New Year: Open Tues 23 rd December, then closed, re-opens Tuesday 6 th January.	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 Christmas and New Year: Closed Wed 25 th , re-opens Wed 7 th January.	See above.
Peckham Pantry Pop-up Rachel Leigh Community Hall 32 Andrews Walk Kennington SE17 3JQ	See above.	Tuesday 11am-1pm Christmas and New Year: Open Tues 23 rd , then closed, re-opens Tues 6 th January.	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 Mon (10am-12pm) & Weds (10am-1pm).	Open to all – but need to book an appointment £5 for 12 items (pantry)	Weds & Thurs 10am-2pm Christmas and New Year: Closed 19 th December, re-open week beginning Mon 5 th January.	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 alternate Tuesdays (11am-3pm). See website for dates.	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 Christmas and New Year: open Sat 20 th Dec, then closed and re-open Sat 3 rd Jan.	https://www.boroughfoodcooperative.co.uk/ 020 7357 7331 food@sgtm.org.uk

<p>Paxton Pantry Unit 32 Seeley Drive Kingswood Estate SE21 8QR</p> <p>Provides: Food including fresh fruit and vegetables.</p> <p>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.</p>	<p>Open to all to join as a member. First come first served.</p> <p>Weekly subscription of £4.50 for a weekly food shop.</p>	<p>Tuesday 12 noon-4pm</p> <p>Open as normal over Christmas and New Year</p>	<p>https://www.yourlocalpantry.co.uk/pantry-listings/london-paxton-pantry/</p> <p>https://www.facebook.com/pgtbPantry</p> <p>Pantry@pgtimebank.org</p>
<p>Spring Social Supermarket (last updated Summer 25) 86 - 88 Vestry Rd Camberwell SE5 8PQ</p> <p>Provides: A wide choice of affordable, healthy, and culturally sensitive food such as yam, plantain and black-eyed peas.</p> <p>Additional support: Members are offered intensive wraparound support when they first join, delivered by an experienced and trained advisor.</p>	<p>Low cost (£5) food shop with membership.</p> <p>Membership open to anyone on eligible benefits/ with low or no income. Check website to find out more.</p>	<p>Mon, Weds and Sat 10am – 2pm</p> <p>Christmas and New Year:</p> <p>Please check website.</p>	<p>https://www.springcommunityhub.org.uk/social-supermarket/</p> <p>https://www.facebook.com/springcommunityhub</p> <p>020 7703 1653 / 07901 617189</p> <p>social.supermarket@springcommunityhub.org.uk</p>
<p>South London Mission Pantry Bermondsey Central Hall 256 Bermondsey Street Bermondsey SE1 3UJ</p> <p>Provides: fresh food, tins & household items.</p> <p>Additional support: An additional low-cost wellbeing bank for non-essential items - charged separately</p>	<p>£5 for around £25 worth of food.</p> <p>Open to all. No appointment or referral necessary.</p>	<p>Wednesdays 10-12 (term time only)</p> <p>Closed: Wed 24th & Wed 31st Dec, re-opens Wed 7th Jan.</p>	<p>https://www.slmbermondsey.org/bermonds-ey-central-hall</p> <p>020 7407 2014</p> <p>Contact@slmbermondsey.org</p>

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

<p>Peckham Soup Kitchen Peckham Square 89 Peckham High St SE15 5RS</p> <p>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.</p>	<p>Open to all and free.</p>	<p>Friday 3.30pm – first come, first served.</p> <p>Open as normal over Christmas and New Year</p> <p>Also free Christmas Dinner Thurs 25th Dec, 12-4pm at Elephant & Castle. Email to register.</p>	<p>https://www.peckhamsoupkitchen.org/</p> <p>07424 710331</p> <p>peckhamsoupkitchen@gmail.com</p>
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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 Closed: 24 th & 31 st December.	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 (except half term breaks) (kitchen closes at 2pm) Thurs 10.30-12. Christmas and New Year: Open Friday 19th Dec, then closed, re-opens Monday 5th Jan.	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 Christmas and New Year: Open 16th Dec, then closed for two weeks, re-open 6th Jan.	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: Tues 23rd, Thurs 25th, Tues 30th Dec & Thurs 1st Jan.	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	Open to all. Free but £1 donations welcome.	Monday Food service between 1-2:30pm.	https://www.be-enriched.org/canteens 07397 288160 (Mon-Thurs 10am-5.30pm)

<p>Provides: Community canteen. Hot vegetarian meal cooked on site.</p> <p>Additional support: Fuel vouchers are donated at the canteen for people who meet certain criteria.</p>		<p>Open from 12:30pm for guests to have tea/coffee before service starts.</p> <p>Closed 29th Dec, re-opens 5th Jan.</p>	<p>hello@be-enriched.org</p>
<p>Manna Centre 12 Melior Street London Bridge SE1 3QP</p> <p>Provides: Breakfast & lunch</p> <p>Additional support: Showers, clothing, housing & welfare advice and medical care and IT facilities.</p>	<p>Open to homeless and anyone in need. Free.</p>	<p>Monday to Sunday 8.30am- 1.30pm</p> <p>Christmas and New Year: Tuesday 23rd Dec - Christmas Dinner – tickets required</p> <p>CLOSED: Wednesday 24th to Sunday 28th Dec (inclusive) REOPEN AS USUAL from Monday 29th Dec</p>	<p>https://www.mannasociety.org.uk/</p> <p>020 7357 9363</p> <p>mail@mannasociety.org.uk</p>
<p>Foodcycle Peckham All Saints Church Hall Blenheim Grove Peckham SE15 4QS</p> <p>Provides: Sit-in community meals. Hot vegetarian meals cooked on site.</p>	<p>Open to all and free.</p>	<p>Wednesday 5pm-6pm Saturday 5.30pm-6:30pm</p> <p>Christmas and New Year: open Wed 24th Dec, closed Sat 27th Dec, open 31st Dec, open 3rd Jan</p>	<p>https://foodcycle.org.uk/location/foodcycle-peckham-wednesdays/</p> <p>https://foodcycle.org.uk/location/foodcycle-peckham-saturdays/</p> <p>020 7729 2775</p> <p>peckham2@foodcycle.org.uk</p>
<p>Webber Street Day Centre Webber Street Centre 6-8 Webber Street Waterloo SE1 8QA</p> <p>Provides: Sit-in hot breakfast</p> <p>Additional support: Twice weekly nurse visits & fortnightly podiatrist. Dental van every Monday Able to provide clothing and showers, and to make referrals to other agencies.</p>	<p>For rough sleepers, homeless and other vulnerable people. Free.</p>	<p>Monday to Thursday 8:45-11:45am</p> <p>Closed: Wed 24th Dec, re-opens Mon 12th Jan.</p>	<p>https://www.webbersreet.org.uk/</p> <p>020 7928 1677</p> <p>wsenquiries@lcm.org.uk</p>
<p>Dene Community Centre Dene Community Centre 95b Meeting House Lane Peckham SE15 2TU</p> <p>Provides: Sit-down hot meal and fresh/dry food to take away.</p>	<p>Open to all and free.</p>	<p>Friday 3pm-7pm</p> <p>(Except last Friday of month when there is bingo instead of meal)</p> <p>Open as normal over Christmas and New Year</p>	<p>Facebook group:</p> <p>https://www.facebook.com/groups/519577289860965?locale=en_GB</p> <p>07982 408932</p> <p>acorntra@gmail.com</p>

<p>Walworth Living Room All Saints Hall, Surrey Square Road SE17 2JU</p> <p>Provides: Community Brunch</p> <p>Additional support: Range of community activities, go to website for more details.</p>	<p>Community Brunch is open to all and free-often including cereals, granola, fruit, toast.</p>	<p>Community Brunch- Thursday 10am-11:30am</p> <p>Closed: Christmas Day and New Year's Day</p>	<p>https://www.pembrokehouse.org.uk/events/community-brunch-2/</p> <p>https://www.walworthlivingroom.org/activities</p> <p>020 7703 3803</p> <p>info@pembrokehouse.org.uk</p>
<p>The Purple Ladies Wednesday Cafe Cossall TRA Hall 48 Mortlock Close London SE15 2QE</p> <p>Provides: Home-made vegetarian hot meal, Tea, Coffee and Cake.</p> <p>Additional support: For women only - exercise, movement and wellness activities.</p>	<p>Open to all and free.</p>	<p>Wednesdays (school term only) 1-3pm</p> <p>Christmas and New Year: Open 17th Dec, then closed, re-opens 7th Jan.</p>	<p>07715 577276 - Dagmara</p> <p>07946 744398 – Christelle</p> <p>email: info@thepurpleladies.com</p>
<p>Kingswood Arts Community Kitchen Kingswood Arts Seeley Drive Kingswood Estate SE21 8QN</p> <p>Provides: Community meal</p>	<p>Open to all and free.</p>	<p>Tuesdays 6.30-8pm</p> <p>Christmas and New Year: Closed until Tues 6th Jan.</p>	<p>https://www.kingswoodarts.com/home</p> <p>020 7870 8051</p> <p>info@kingswoodarts.com</p>
<p>The Redeemed Assemblies Support Service Foodbank (TRASS) - Hot meals to eat in every Saturday – see entry on page one</p> <p>Draper Together - Hot meals to eat in every Wednesday – see entry on page two</p> <p>Rotherhithe Community Kitchen - Hot meal every Sunday – See entry on page three</p>			

Foodbanks where you need a referral or voucher from an agency

<p>Southwark Foodbank Provides: Emergency parcels of mainly tinned & packeted food plus basic toiletries. Fresh food when available.</p> <p>Additional support: Citizens Advice advisor present at foodbank sessions to provide advice and signposting.</p>	<p>Open to anyone experiencing hardship but referral needed from an agency that is registered with the foodbank e.g. schools, council services, health services, charities etc.</p>	<p>Once you have a voucher, food parcels can be collected from the next available foodbank session in the borough: see website.</p> <p>Christmas and New Year: Last session Monday 22nd Dec, then closed, re-opens Monday 5th January.</p>	<p>https://www.pecan.org.uk/southwark-foodbank/</p> <p>0207 732 0007</p> <p>foodbank.support@pecan.org.uk</p>
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<p>Spring Community Hub Provides (last updated Summer 2025): 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).</p> <p>Additional support: Run a Community Hub for referred clients offering advice services, particularly around debt, welfare benefits and immigration.</p>	<p>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, Mosque and other Frontline Agencies, etc. via foodbank.csch@gmail.com. But contact us directly if accessing agencies is difficult and we talk you through what to do.</p>	<p>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.</p> <p>Christmas and New Year: please check website.</p>	<p>https://www.springcommunityhub.org.uk/</p> <p>https://www.facebook.com/springcommunityhub</p> <p>020 7703 1653/07901 617189</p> <p>foodbank@springcommunityhub.org.uk</p>
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T: 020 7732 0007

E: sfaa@pecan.org.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/>

