

# WHERE TO GET FOOD



## Cost of living crisis

No one should have to experience hunger. If you are concerned about managing during the winter months, we encourage you to reach out for support. Many food banks collaborate with local agencies and accept referrals through these organisations.

Talk to your Housing Officer and they can help you contact the professionals, though some food banks may accept a self referral.

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## What to expect from a foodbank

If you are referred to a food bank, you will receive a three-day supply of nutritionally balanced food and additional support.

Volunteers will take time to discuss any dietary requirements you may have and will exchange your food bank voucher for an emergency food parcel. They are also available to offer further assistance in a completely supportive and non-judgmental manner.



## OVERVIEW:

It is a regrettable relection on the current economic climate that more people than ever are expected to need the services of local food banks this winter.

Local food banks may be able to provide much-needed necessities. It helps if you know how to access them and where the nearest banks are.

The Trussel Trust has information online: [where to find a foodbank](#)

Instant neighbour has information [available here](#)

Cfine has information on their [food banks here](#)

Please call your Housing Officer if you have any worries as they may be able to help you contact the agencies involved.

# WHERE TO GET FREE HOT FOOD THROUGHOUT ABERDEEN - WINTER 2024



## SOCIAL BITE

Social Bite is continuing to provide Christmas dinner for the Homeless and vulnerable. The cafe on Union Street will be open on both the 24th and the 25th from 11 am - 4 pm to offer a hot Christmas takeaway lunch to those in need. If you'd like to sit in please contact them and put your name down.

**Instant Neighbour** 5 St Machar Drive, Aberdeen AB24 3YJ Tel: 01224 489955

Monday to Friday 10am to 1pm, 2pm to 4pm

Christmas Times:

Monday 23rd December - 9:30am - 12pm

Closed - Tuesday 24th - Friday 27th December

Open Monday 30th December - 10am - 2pm

Closed Tuesday 31st December - Friday 3rd January

Normal hours resume on Monday 6th January

**Somebody Cares** Tel: 01224 460700 Email: [info@somebodycaresuk.org](mailto:info@somebodycaresuk.org)

Somebody Cares are now taking request phone calls for Christmas Food parcels. Somebody Cares close on 24 December and re-open on 3 January 2024.

**CFINE** 2-4 Poynerook Rd, Aberdeen, AB11 5RW Tel: 01224 596156 Email: [info@cfine.org](mailto:info@cfine.org) [Opening hours are available here](#) Mon - Fri 10am - 3pm for Food parcels

Christmas Times: Closed on Wednesday 25th, Thursday 26th, Wednesday 1st, and Thursday 2nd

**Aberdeen Cyrenians** Tel: 0300 303 0903 or Email: [directaccess@weareac.org](mailto:directaccess@weareac.org)

Aberdeen Cyrenians will be running every day over the festive period providing food and advice to those that are struggling or find themselves in crisis. Food provision in Direct Access Service (option 1 when you call them):

- Monday: 10.00am - 15:00
- Tuesday: CLOSED
- Wednesday: 10:00 - 15:00
- Thursday: CLOSED
- Friday: 10:00 - 15:00

## Christmas Times:

Monday 23rd December: Summer Street open 9am-5pm

DAS food provision and pick up of Entire meals 1-4pm

Tuesday 24th December: Summer Street open 9am-3pm

Xmas version of Café chat 11am-2pm

25th/26th December: Closed

Friday 27th December: Summer Street open 9am-3pm

DAS food provision between 11am-2pm

Monday 30th December: Summer Street open 9am-3pm

Café chat, food provision and pick up of Entire meals 12-2pm

Tuesday 31st December - 2nd January: Closed

Friday 3rd January: Normal hours 9am-4pm



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**Touch of Love** - [support@touchoflove.org.uk](mailto:support@touchoflove.org.uk) provide three days of emergency food.

**Fountain of God** - 31 Palmerston Road - 01224 483203 - daily lunch 12 - 2pm

**St Marys Cathedral** 20 Huntly Street, Aberdeen, AB10 1SH Tel: 07378 219503  
Email: [standrewscommunity@cathedral-abdn.org](mailto:standrewscommunity@cathedral-abdn.org)

**Holy Family Church**, Tel: 07740618262



**Lighthouse**, Tel: 07851259998 Open Mondays 1pm to 2:30pm  
Christmas Times: Closed on Monday 30th December. Reopens Monday 6th January.

**Mamacita Foundation** [info@mamacitafoundationuk.com](mailto:info@mamacitafoundationuk.com) Tuesdays - 5-6:30pm



Fridays - 4-5:30pm

Sundays - Emergency home food delivery

Christmas Times: 24 December: Open until 10:00 PM,

25 December: Hosting a Christmas dinner at 4:00 PM for individuals who are isolated and wish to celebrate with us.

**Mastrick Community Centre** Tel: 01224 788288 Tuesdays 9am-3pm

**Northfield Community Centre**, Tuesdays from 6pm-7.30pm and Thursdays from 10am to 2pm

Christmas Times:

Tue 17th Dec 6 - 7pm

Thu 19th Dec 10 till 2pm

Mon 23rd Dec 12 - 2.30pm



**Outreach**, Monday to Friday 10am to 3pm

**Powis Community Centre**, 01224 483203, Monday to Friday 11am to 2pm

Christmas Times: From 23 December to 6 January times may vary, contact to confirm times.



**Salem Family**, Tel: 01224 874158 Fridays from 12-1.30pm and Sundays from 12.30-1.30pm

Christmas Times: food bank closed after the 19th of December

**Aberdeenshire foodbanks** <https://www.trussell.org.uk/emergency-food/find-a-foodbank>

**Aberdeen North Foodbanks** [opening hours are available here](https://aberdeennorth.foodbank.org.uk/locations/) open 12-1pm Monday and Friday

<https://aberdeennorth.foodbank.org.uk/locations/>

**Moray foodbank info** <https://morayfoodplus.org.uk/>



**Aberdeen South Foodbanks info is here** Open Thursdays 1pm - 3pm

**Froghall Community Centre**, Tel: 01224 346452 12pm-2pm Monday to Friday

