

THURSDAY

Frankston Brekky Club – New Location

On the Beach, Pier Promenade Frankston Foreshore
7am – 8am (5 days a week)
Serving Brekky on a roll with hot or cold beverage

Community Support Frankston

35 Beach Street, Frankston
12noon – 2pm (4 days a week)
Free take-away hot meal (pick-up only)

The Salt Foundation

Suite 1, 18/28 Skye Road, Frankston
9am – 5pm (5 days a week)- walk-ins welcome
Frozen meals

Theodora's Cheerful Givers

1/12 Govan Street, Seaford. **Phone: 0413 807 763**
10am – 3.30pm (5 days a week)
Free food hampers and frozen meals

Free sit-down lunch available on **Thursdays from 12noon** (please ring before 10.30am to book a seat)

John Paul College Food Van

Young Street Car Park (next to Tasman Meats)
5pm – 6.15pm. *Cheese toasties, Hot drinks, Bakers Delight bread/scrolls, basic food parcels*

FRIDAY

Frankston Brekky Club – New Location

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Community Support Frankston

35 Beach Street, Frankston
12noon – 2pm (4 days a week)
Free take-away hot meal (pick-up only)

The Salt Foundation

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9am – 5pm (5 days a week)- walk-ins welcome
Frozen meals

Theodora's Cheerful Givers

1/12 Govan Street, Seaford. **Phone: 0413 807 763**
10am – 3.30pm (5 days a week)
Free food hampers and frozen meals

Life-Gate Inc

1 Olsen Street, Frankston. **11am – 1pm**
Phone: 9770 0595 to make an appointment
Food hampers, frozen meals available.

SATURDAY

Project Fresh Start Inc Community Lunch

Orwil Street Community House, 16 Orwil Street, Frankston. **12pm – 1pm**

- **October 25**
- **November 1 and 29**
- **December 6**

Free healthy fresh plant-based food. Dine-in and takeaway meals available.

Sikh Volunteers Australia - Free Food Van

Young Street carpark (next to Tasman Meats)
6pm – 6.30pm (every Saturday)
Free freshly cooked vegetarian take-away meal for homeless and needy people

Vittle Feast – Free Food Hamper

Phone: 0480 281 906 to arrange delivery
2nd & 4th Saturday each month. Sponsored by Heavenly Feast Revival Church. *Valid Concession or Pension Card must be presented to receive food box*

SUNDAY

Sikh Volunteers Australia - Free home delivery service every Sunday for elderly, single parents, International students, homeless and people facing hardship and in need.

To pre-order SMS/TEXT your name, address, phone and email to: 0452 401 734.

(Note: orders must be placed no later than 7pm on Saturday evening). Meals delivered between 5-7pm Sunday evening. Freshly cooked vegetarian food

Where to Find Food Assistance

October 2025

In the Frankston Area



●Food ●Meals ●Groceries



35 Beach Street, Frankston
Phone: 9783 7284

Email: csf@frankston.net

www.frankston.net

Inc. Reg. No. A0000431J

ABN 95 426 151 625



Community Support Frankston
35 Beach Street, Frankston
9783 7284

Email: csf@frankston.net
Web: www.frankston.net

Our telephones are manned on:

Monday, Tuesday, Wednesday & Friday
9.30am - 3.30pm

and Thursdays - 12pm to 3.30pm

Community Support Frankston is offering Frankston residents a telephone and email based assistance service. You can call and speak with a worker, who will assess your current needs and discuss how we can provide Emergency Relief and essential supports to you. If you don't have a phone - reminder that every Telstra payphone in Australia is now free to use, so please call us.

Community Support Frankston also offer a free take-away hot meal (*pick-up only*) for Frankston Residents every Monday, Tuesday, Thursday and Friday from 12noon - 2pm.

Project Fresh Start Community Fridges

Located @ Orwil Street Community House

16 Orwil Street, Frankston - during school term.

Note: Fridges are only filled on Tuesdays and Fridays (not operating during school holidays).

Located @ Frankston Life Church, 1 Stiebel Place Frankston between **10am-12pm (Tuesday & Friday)**. *Free plant-based food available.*

Salvation Army Carrum Downs - Food Relief Program

- 1265 Frankston-Dandenong Road, Carrum Downs. **10am - 2pm (Every Thurs and Fri only)** Offering food hampers and toiletries

St. Vincent de Paul (Vinnies)

For assistance ring Frankston Call Centre on 9769 6060. Offering in-home based support services. A volunteer will ring you to interview you and arrange a suitable time to visit. Call limits apply. **Phone lines open 9am-11.30am Monday-Friday** (no active voicemail).

MONDAY

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35 Beach Street, Frankston

12noon - 2pm (4 days a week)

Free take-away hot meal (pick-up only)

The Salt Foundation

Suite 1, 18/28 Skye Road, Frankston

9am - 5pm (5 days a week)- walk-ins welcome

Frozen meals

Theodora's Cheerful Givers

1/12 Govan Street, Seaford. **Phone: 0413 807 763**

10am - 3.30pm *Free food hampers and frozen meals*

Free sit-down lunch also available on **Mondays from 12noon** (please ring before 10.30am to book a seat)

Life-Gate Inc

1 Olsen Street, Frankston.

11am - 1pm. Phone: 9770 0595 to make an appointment. *Food hampers and frozen meals.*

TUESDAY

Frankston Brekky Club – New Location

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12noon - 2pm (4 days a week)

Free take-away hot meal (pick-up only)

The Salt Foundation

Suite 1, 18/28 Skye Road, Frankston

9am - 11am - Food pantry (Tuesday's only)

Walk-ins welcome

Pantry Plus - Peninsula Christian Care

252 Frankston-Flinders Road, Frankston

Tuesday 10am - 2pm by appointment only

You must phone first to book an appointment on 5971 4877 (phone between 10am-1pm Thursday the week before or Monday the day before). *Pantry, fridge/freezer items, fresh fruit, vegetables, bread*

Theodora's Cheerful Givers

1/12 Govan Street, Seaford. **Phone: 0413 807 763**

10am - 3.30pm (5 days a week)

Free food hampers and frozen meals

Life-Gate Inc

1 Olsen Street, Frankston

11am - 1pm. Phone: 9770 0595 to make an appointment. *Food hampers and frozen meals.*

Turningpoint Seaford Church

Ambassador Chapel, 51/325 Nepean Highway

Frankston. **Phone: 9785 7229**

1pm - 2pm (Tuesdays) Closed School Holidays

Fresh food, fruit, vegetables, pantry items, toiletries. Also a cuppa and chat, donuts and pizza.

WEDNESDAY

Frankston Brekky Club – New Location

On the Beach, Pier Promenade Frankston Foreshore

7am – 8am (5 days a week)

Serving Brekky on a roll with hot or cold beverage

High Street Uniting Church

16-18 High Street, Frankston

12noon - 1pm *Community BBQ Lunch*

The Salt Foundation

Suite 1, 18/28 Skye Road, Frankston

9am - 5pm (5 days a week)- walk-ins welcome

Frozen meals

Theodora's Cheerful Givers

1/12 Govan Street, Seaford. **Phone: 0413 807 763**

10am - 3.30pm (5 days a week)

Free food hampers and frozen meals

Life-Gate Inc

1 Olsen Street, Frankston

11am - 1pm. Phone: 9770 0595 to make an appointment. *Food hampers and frozen meals.*

Sikh Volunteers Australia – Free Food Van

Young Street carpark (next to Tasman Meats)

6pm – 6.30pm. *Free freshly cooked vegetarian take-away meal for homeless and needy people.*

Wildpath

Young Street carpark (next to Tasman Meats)

6pm - 8pm

Free coffee and food parcels every Wednesday