

# MEALS



# FOOD RESOURCES

Wednesday  
Uniting Church  
16-18 High Street, Frankston  
Phone: 9783 3400  
Free sausage sizzle available 12:15pm – 1:00pm

Wildpath  
Free Coffee & Food Hampers  
6pm - 8pm  
Young Street carpark (next to Tasman Meats)

Friday  
Braaap Community Support BBQ  
35 Playne St, Frankston  
Phone: 9770 0525  
12:00pm until 1:00pm  
\$2 Sausage Sizzle ( Free for homeless or disadvantaged)

## FREE HOT DINNER

TUESDAY  
John Paul College Food Van  
Cnr Clyde and Station Street, Frankston  
5:00pm until 7:00pm.

Wednesday  
Sikh Volunteers Australia  
Young Street Carpark (Next to Tasman Meats)

6:30pm – 7:30pm.  
Free and freshly cooked vegetarian take-away meal

Friday  
Lifegate Inc. Food Van  
Young Street Carpark (Next to Tasman Meats)

7:00pm until 9:00pm.  
Usually available on the 1st, and 3rd Friday of the month.

Saturday  
Sikh Volunteers Australia  
Young Street Carpark (Next to Tasman Meats)

6:30pm – 7:30pm.  
Free and freshly cooked vegetarian take-away meal

Community Support Frankston  
35 Beach St, Frankston

Phone: 9783 7284

Monday, Tuesday, Wednesday, Friday: 9:00am – 4:00pm  
Thursday: 1:00pm – 4:00pm

Catholic volunteer organisation workers visit the client's home and assess the level of assistance needed. Available to Frankston area. Clients need to ring at 9:00am as there are limited visits made each day. Frankston number : 9769 6060.

Pantry Plus  
Peninsula Christian Care  
252 Frankston-Flinders Road, Frankston

Phone: 5971 4877 (Please phone first  
you cannot be guaranteed assistance if you arrive unexpectedly).

Frankston and Baxter residents.  
Emergency Food Relief  
Tuesday 10:00am – 1:45pm by appointment.  
You must phone first to book an appointment.

Emergency Food Relief  
Monday, Wednesday, Thursday 10am-3pm  
bookings via Church Office: 5971 4877

Unfortunately, food may not always be available.

All phone appointments are to be made  
between 10am - 3pm on Monday, Wednesday, Thursday and Friday

Salvation Army Crisis Centre  
Ross Smith Ave, Frankston  
Phone Parish office  
9784 5050 in an emergency