



SO:Linked

Supporting Southampton People & Communities

#1 Food Provisions Venues in Southampton

Part 3 – Unrestricted for subsidised food venues listed in postcodes

For the print-out booklet:

Updated October 2026

1. Free Access Food banks

For an A5 printed leaflet to distribute, go to:

https://solinked.org.uk/community_services/slic-01-part-3-so-linked-emergency-food-booklet-for-printing-october-2026/

SO14

Café and Food Pantry - at James Street Church, **St Mary's, SO14 1PH**

Thursdays from 10.00 to 11.30 am. Clothes also available. Emergency food packs for homeless/extreme need. Refreshments for a small charge until 11.00

Contact: jamesstreetchurch@gmail.com

Food Bank at the Living Word Liberation Centre (LWLC), Kingsway, SO14 3HY. Every Saturday from 9.30am- 11.30am.

Contact: 07575754235

SO16

Thursdays Together – at St Albans Church, Tulip Road, **SO16 3BB.**

Thursdays from 8:45 to 10.30am Anyone is welcome to come and enjoy hot drinks and toast, space to relax and meet others. Free food.

Financial advice from Frontline Debt Advice also available.

Contact: 023 8055 4231

Community Pantry The Saints Pub, Kendal Ave, **SO16 9LP**

Mondays twice a month on 1st and 3rd Mondays from 9.00am to 11.00 am.

Contact: 02380771009

SO17

St Denys Community Food Project at St Denys Church, Dundee Rd, **SO17 2ND**

Fridays from 10.15 until 12. Tea/Coffee served. Free food distribution. Bring a bag.

Contact: 023 80671757

SO18

The Food Hub at Thornhill Baptist Church, Thornhill Pk Rd **SO18 5TR**

Fridays from 1.45 TO 2.45 Just bring a bag for a good selection of basic food. We are making a small charge of £1.00 for the food and we run a café for a hot drink and biscuit alongside our Food Hub

Contact: 07952 904052

Food/Clothing Shop at Swathling Station, Wessex Lane, **SO18 2LB**

Saturdays From 10.15 -12.15. Bring a bag. Donations are welcome.

They also have used clothing and a baby bank.

Membership £10 a year per household!

SO19

Monty's Community Hub at 59 Montague Ave Sholing, **SO19 0QB**

Daily Food Pantry (any donation appreciated). Activities also run. check the schedule on the website:

Contact: 07862320025 Website: www.montys.org.uk or

Facebook - <https://www.facebook.com/MontysCommunityHub>

Hope Centre Food Bank at Drayton Close, **Weston SO19 9JN**

Thursdays from 1.00 pm – 3.00 pm If you need a referral, come along and talk to one of the team. There is no charge for the food, please bring a large bag or food trolley. Part of the Hedge End Food Centre

Contact: 07586153409

New Community, Sholing. 77 St Monica Rd SO19 SO19 8ES

Sundays from 12.00 – 12.30. Free supermarket food run by New Community, Sholing. Don't forget to bring a bag. All totally free! **Contact:** 023 8023 7700

OLIO Food Distribution via an App

Olio has arrangements with local supermarkets to manage their excess food and prevent it being wasted. Download the Olio App on your mobile from Playstore etc and or complete registration on the free app from [Here's how Olio works \(olioapp.com\)](http://Here's how Olio works (olioapp.com))

2. FREE MEALS

SO14

Two Saints 30 Cranbury Avenue, Southampton **SO14 0LT**

Hot lunches are served Mon - Fri at 12 noon for anyone who is homeless. Priority is given to rough sleepers as a set number of meals are catered for each day.

Contact: 023 8022 3443 **PLUS**

Night Light Café at 30 Cranbury Avenue, Southampton **SO14 0LT**

From 4.00 – 8.00 daily. A free hot meal for homeless or those in need.

Contact: 023 8022 3443

Vegan Meal at the Gurdwara, St **Marks** Road, **SO14 0NW**

Every day from 11.30 to 1.30

Langar or Food is served to the devotees who attend the Gurdwara Khalsa Darbar in Southampton. Vegetarian Food is served all day long and 7 days a week

Contact: 023 8039 3440

The Big Breakfast. At Above Bar Church 69 Above Bar **SO14 7FE**

Every Thursday from 10.00- 11.00am No need to book, just turn up. We particularly welcome anyone who is homeless and vulnerable.

Contact: 07984 162426

Saturday Breakfast Clubs at Life Church Southampton, The Boathouse, 11 Cranbury Terrace, **SO14 0LH** 8.30 am - 10.30 am.

Week 2 and Week 4 of each month. Free. All welcome

Contact: 02380981023

SO15

Saturday Breakfast at St Edmunds Church Hall, 14 Rockstone Place, **SO15 2EQ**. From 8.30 - 10.30 **Week 1 and Week 3** of the month. Come and join us!

Contact: 023 8033 3589

SO17

Veg Out Pop-Up Community Vegan Café, October Books, 159 Portswood Rd, **SO17 2NF**

From 11.45 to 3.30. All our vegan meals are cooked from scratch, using fresh ingredients, and are free of charge although donations are welcome from those who can afford them.

Contact: 07759 623 463 or <https://www.facebook.com/popupvegan> for menus

Sunday Lunch Project:

St Denys Church, Dundee Rd, **SO17 2ND** from 10.00 to 12.30.

The meal is free, no booking, no referral or name is required.

Contact: 07716 692 359

SO19

Breakfast Club at EDGE Hub, 121-123 Meggeson Ave **SO18 2FH**. Every Saturday from 10 am- 12am. Nominal cost: 50p for hot drinks, and £2 for a bacon buttie; toast and jam 50p. squash free.

Contact: Sandra on 07464841300 or Sandra@ascensionsouthampton.co.uk

Food Cycle, Salvation Army (Sholing) 93 N.E. Rd, **SO19 8AF**

We provide a free 3-course meal at 6.00 until 8pm. All are welcome!

Contact: 023 8043 8713

St. Mark's Institute, Church Hall, Weston **SO19 9DY** (Entrance via red door between shops).

Doors open at 10.00, Food served from 12.00 to 13.00

Facebook: Southampton Sunday Lunch Project

3. LOW-COST COMMUNITY SUPERMARKETS

SO14

Social Supermarket at Northam Community Centre, Kent Rd, SO14 5SP

Now open 10.30 am -12.30 pm Monday -Friday. Set up by The Big Difference, this is a supermarket, where each item is barcoded at a low price so you pick whatever you want and pay at the till. For example, Eggs 70p, Tins 50p

Contact: Kelly at kelly@thebigdifference.org.uk

SO15

Parklife Café Community Pantry Parklife Cafe, St. James Pk, **SO15 5SD**

Monday -Sunday (Every day) Open 10 am – 4 pm

Open to everyone Reduced priced food items available for donation to cafe

Contact: 023 8077 9763 or email info.parklifecafe@gmail.com

Food Larder at the Shirley Utilita Hub, 7a Shirley High St, **SO15 3LR**

Every Friday from 9am till 5:30pm. There is a min card donation of £3 per box. Each box contains cereal, veg, fruit, tin food, and other items. Each week is different. We work in partnership with FareShare. Open to everyone.

Contact: 023 8077 3563

SO16

Social Supermarket at Shirley Warren Primary School, The Old Library, Warren Crescent **SO16 6AY**. Now open 2 pm to 4 pm on Tuesdays to Thursdays. Set up by The Big Difference, this is a supermarket, where each item is barcoded at a low price so you pick whatever you want and pay at the till. For example, Eggs 70p, Tins 50p

Contact: Kelly at kelly@thebigdifference.org.uk

SO18

Company Shop at Campana House, 4, Hawkeswood Rd, [SO18 1AB](#)

Membership given to specific groups of people including local residents on mean-tested benefits such as Universal Credit. Offers deeply discounted food as follows:

Mon - Fri: 8:00 am-8:00pm, Saturday:8:00 am-6:00 pm, Sunday:10:00 am-4:00 pm

Contact: 023 8020 1575 Facebook:

<https://www.facebook.com/HRASouthampton/?fref=ts>

Art House Pantry at Bitterne Station Com. Hub, Macnaghten Rd, **SO18 1GG**

Every Friday from 11 am to 1pm. The Art House Pop Up Pantry brings pay-as-you-feel food diverted from becoming waste, donated nonperishable items, toiletries and menstrual products to the community.

Contact: info@theearthousesouthampton.co.uk