

# Affordable (+ free) food in Islington

## Monday

Margins Project at Union Chapel  
19B Compton Terrace N1 2UN  
Drop-in session for people facing homelessness  
Hot food takeaway  
11:00am-1:00pm

Caxton House  
N19 3RQ  
(from 12.30) - surplus bread and cakes in reception when available

## Tuesday

Elizabeth House  
Pop-up food store £3  
For residents in: N4 2, N4 3, N5 1, N5 2, N7 7  
Register: 02076901300  
info@elizabeth-house.org.uk

Hilldrop Community Centre N7 0JE  
Free hot lunch served at 12.30 for residents of N7 & local Hilldrop Estates.  
Term-time only

Mildmay Community Centre N16 8NA  
Soup & Stew Day (12.30-2pm)  
Hot bowl of stew or soup; meat / vegetable option (donation based)

## Wednesday

St Luke's Food Hub EC1V 8AJ  
1:30-3:30pm for EC1 residents, by appointment  
0207549 8181 / info@slpt.org.uk

Hornsey Lane Community Centre  
Giving out surplus food 10:30-2pm at Hornsey Lane N19 3YJ / 020 7272 5938

Brickworks Community Centre N4 4BY  
Food parcels 12pm-3pm. For local area (N4 4BY). 0207 263 1067  
colin.adams@hanleycrouch.org.uk / vanessa.freeman@hanleycrouch.org.uk  
On other days, can provide emergency food bags (if available), please ring and speak to reception.

Margins Project, Union Chapel. 19B Compton Terrace N1 2UN. Drop-in session: 11am-1pm

Manor Gardens Centre N7 6LA  
10:45am-12pm. Food co-op. Take what you need for £3

St. George's N7 0ND Free Hot Lunch 12-2.30pm term time

FoodCycle Islington  
Free hot meal, 1pm. New River Baptist Church, N1 2TL No need to book!

The Ringcross Foodbank N7 8RH  
Food parcels, meals & essentials £3 1-4pm. 07565 256 537 www.rcfb.info  
Open to residents of Holloway, Laycock, Caledonian Wards & Hyde Housing Estates (proof of address needed), as well as people who are sleeping rough

The Hive Foodbank N19 3AD  
6.30-8.30pm. Referral needed: 020 7916 2710 / hivefoodbank@gmail.com

## Thursday

Mildmay Community Centre N16 8NA  
Community Cook-up  
Free shared meal. Meat / vegetarian option. Donations welcome  
Cooking activity: 9.30am - 12.30pm  
Food served: 12.30 - 1.30pm

Hillside Clubhouse N7 9GJ  
Hearty Thursdays 12:30 - 3pm  
Giving out free meals, hand-cooked by their members for the community.  
Halal, Kosher & vegetarian options

Copenhagen Street Foodbank: N1 0SR  
Weekly foodbank 1pm-3:30pm. Fresh food and non-perishable items  
02078378378  
copenhagenstreetfoodbank@gmail.com

Caxton House N19 3RQ 28th March: free Afro-Caribbean hot meals. 2pm - 5pm

## Friday

Mildmay Community Centre N16 8NA  
Weekly food co-op for residents of Mildmay ward - £1 per person in household. Register: mildmaycp@gmail.com 020 7249 8286  
If you don't have access to a phone or email, feel free to go to the centre  
Fridays 11.30am - 1.30pm

Andover Surplus Food project  
Andover Community Centre, N7 7RY. 1:30pm  
Residents of Finsbury Park Ward. Free - choose 5 items  
020 7272 3493  
andovercc@islington.gov.uk

St Mary's Church & The Hive Foodbank  
3 - 5.30pm. N19 3AD  
Cook Together Drop-In  
Learn to make cheap, easy & tasty meals. All ingredients provided

St. Mary's Islington N1 2TX  
Open House (10.30-1.30) - free coffee morning and soup lunch

## Weekends

Choices CiC - African Caribbean Cultural Food Co-op  
Pay a membership fee of £5 in return for £20 - £25 worth of Afro-Caribbean foods  
First Saturday of every month at 2pm  
Caxton House N19 3RQ  
If you are on low or no income, please contact us about joining:  
info@choiceslondon.cic.com

FoodCycle Finsbury Park  
Free 3 course vegetarian meal Saturdays 1pm onwards  
Andover Community Centre, Community Hub, Corker Walk, N7 7RY  
No need to book!



### Other services:

Bags of Taste: **free, mentored at-home cooking course** to make low-cost, nutritious meals. Ingredients provided for free and delivered to your house. Open to all Islington residents.

islington@bagssoftaste.org // 07986042458

Hornsey Lane Community Centre:

**Family Cook & Share:** Wednesdays 10am-2pm

**Free Lunch Clubs for people over 55:**

Thursdays 12-2pm New Orleans Hall, N19 3TH

Saturdays 12-4pm at Hornsey Lane Estate Community Centre N19 3YJ

St Luke's Community Centre, EC1V 8AJ:

**Over 55s Lunch Club** for Islington residents offering low cost freshly cooked lunches on-site

90 Central St, EC1V 8AJ. Monday to Friday 12-2pm

Elizabeth House Community Centre N5 1ED:

Blue House Club (**over 50s club**). Wednesdays (term-time only). **Chair Yoga** 11am, **free hot lunch** at 12pm, followed by an activity

### Healthy Start Vouchers

Get **support to buy milk or food**. Payments are loaded onto a prepaid card to be used in shops. Open to women/people at least 10 weeks pregnant or families with a child under four years and receiving:

- Universal credit with total earned income of £408 or less (after tax) per month for the family
- Child tax Credit with a family income no more than £16,190 per year
- Income support
- Income-based jobseeker's allowance
- Pension Credit
- Income-related Employment and Support Allowance (for pregnant people only)
- Or pregnant and under 18

Complete application online:

[www.healthystart.nhs.uk/how-to-apply/](http://www.healthystart.nhs.uk/how-to-apply/)

Call **Family Support Surgeries (020 7527 8376)** for any application concerns



### Bright start Islington

A range of services **supporting under 5's and their families** across Islington. For more information call: 020 7527 5959 [www.islington.gov.uk/children-and-families/childrens-centres-and-under-5s](http://www.islington.gov.uk/children-and-families/childrens-centres-and-under-5s)



### Join or start a food co-op!

Food co-ops are groups of neighbours who buy food together to save money and support each others' needs. By joining or starting a food co-op, you could save up to 40% on your weekly groceries. To find out more and for guides and resources on how to start a co-op, visit: <https://cooperation.town/>

Find your nearest food co-op by contacting co-operation town here: <https://cooperation.town/contact/>  
Cooperate Girdlestone: Girdlestone Community centre, 11am-2pm Wednesdays. Open to new members!

Please note, this is not a comprehensive list of all food support available in Islington.

For more information, visit: [www.islingtonfoodpartnership.org.uk](http://www.islingtonfoodpartnership.org.uk)

Do you have difficulty finding affordable food that reflects your cultural background or the meals you want to make? We want to hear your experiences: [hello@islingtonfoodpartnership.org.uk](mailto:hello@islingtonfoodpartnership.org.uk) / 07543491311