

Norwich projects offering free or cheap food

Norfolk County Council, Norwich City Council and The Feed, have put together a list of providers offering free or pay-what-you-can meals and food services for people in the Norwich area, many provided by Christian charities and churches.

Indoor hot meals

Salvation Army, Pottergate ARC. Monday-Thursday til 3pm, Friday til 1pm. Verified rough sleepers welcome from 8am, all others 9am. Hot breakfast 90p-£2.40, free toast and free cakes/pastries, hot lunch, sandwiches.

The Feed's 'Nourish' service Monday, Tuesday, Thursday, Friday 5.30-7pm, Saturday/bank holiday 4-7pm. Pottergate ARC. Hot meals to eat in. By referral only for those without cooking facilities. Professionals can refer clients by emailing andrea@thefeed.org.uk.

Nourish at King's Community Church. Sunday, 1-4pm. King Street. Hot meals to eat in, laundry and shower facilities. By referral only for those without cooking facilities. Professionals can refer clients by emailing andrea@thefeed.org.uk.

New Hope Christian Centre. Wednesday, 10am-2pm. 2 Martineau Lane, NR1 2HX. Light lunch. For more information, please call 01603 617905.

St Stephen's Church Café. Monday-Friday, 10am-3pm, food served 11.30am-1pm. Meal and a drink for £1.00.

Soul Foundation at St Stephens Church. Wednesday, 6-7.30pm.

Food Cycle. Friday, 7-8pm. Quaker Meeting House, Upper Goat Lane, NR2 1EW. Takeaway meal and bag of food.

Outdoor hot meals

The Norwich Soup Movement. Monday, Wednesday, Friday, Saturday 7.30pm, opposite City Hall.

The People's Picnic Tuesday, 7.30pm. Haymarket, Norwich.

Anon Street Team. Sunday, 7pm. St Peter's Street, opposite City Hall, Norwich.

Food parcels/deliveries

Wymondham, Community Help Point. Tuesdays 12-1pm, Saturday 2-3pm. Our Lady and St Thomas of Canterbury RC Church, 1 Norwich Road, Wymondham, NR18 0SZ. Help Point Foodbank and food delivery, for more information please contact community@wymondhamchurch.org.uk.

Society Alive Community Café, hot meals delivered on Thursdays. Please call 07832972166 to request. Please inform of any dietary requirements.

The Phoenix Centre. Fridays, 11.30am-1pm. 132A Mile Cross Road, NR3 2LD. Food hamper, no questions asked. For more information, see Mile Cross Phoenix Children's Project on Facebook. Perishables are put either outside or in Room 2 (with access from the back of the centre) and are available to anyone. Non-perishables are made into food hampers and do need to be booked in advance. This can be done by phone, email or via our Facebook page- fb.me/phoenixcentremx.

Taverham, Thorpe Marriott and Drayton Community Food Bank provides food fortnightly, to those in the above community specifically, on a delivery only basis. No questions asked, no referrals needed. Those in need can self-refer by calling Sarah on 07921 120822 and giving us their name and address.

Wellbeing Cafes

Sprowston Methodist Church Renew Wellbeing Café If you need a place where it's OK not to be ok, where you can drink tea/coffee and chat, or just be quiet...

Tuesday morning 9.30am to 12.30pm and Friday afternoon 1pm to 4pm.

Morrisons Riverside wellbeing Café, back in the New Year, 2nd Thursday of every month, All welcome.

Community Fridges

Earlham Community Fridge, Monday-Thursday 10am-4pm. 168a Motum Rd, Norwich NR5 8EG.

Silver Road Community Fridge, Saturdays 11-12.15. Silver Road Community Centre, Silver Road, NR3 4BT.

Telephone 07786694325 or email jewills064@aol.com if you have any questions.

Silver Parcels NR3 Foodbank Silver Road Community Centre, for NR3 Residents only. Thursday 10.30-12.15, Saturday 11-12.15. Silver Road Community Centre, Silver Road, NR3 4BT.

Social Supermarkets

The Feed's supermarket is at 65 Hall Road, Norwich, NR1 3HL. It provides low cost and some free food and other essentials. Monday, Tuesday, Wednesday and Friday 10.00am – 3.00pm. Thursday 12.00-6.00pm.

Details: <https://thefeed.org.uk/our-projects/socsup>

The ENYP Social Supermarket located in the heart of Heigham Grove, Norwich. Members can buy fresh, frozen, dried, and tinned food, alongside toiletries and personal care items.

Russell Street Community Centre, 53 Russell St, Norwich NR2 4QT

Monday 4:00pm – 6:00pm, Wednesday 11:00am – 1:00pm, and Friday 9:00am – 11:00am

Please contact: socialsupermarket@enyp.org.uk

SOUL Foundation social supermarket is a purpose-built facility on site at SOUL Church, Norwich. Officially opened on 11th April, the social supermarket is a membership-based community shop hosting a range of affordable fresh produce, long-life essentials, and household products.

SOUL church, 4 Mason Road, Norwich, NR6 6RF

Tuesday 12:00-7.30pm, Wednesday, Thursday and Friday 10:00am-4.30pm, Sunday 12:00-4.30pm

Hannah Lipton – hannah.lipton@soulchurch.com

Other Options

The Feed Café, Pay It Forward hot drink scheme. Monday-Friday 8.30am-2pm. 78-80 Prince of Wales Road. Ask a member of staff for a free hot drink provided for by public donations, no questions asked.

Namaste Village, Dosa on the Wall Scheme – Monday-Friday 5-9pm, Saturday-Sunday 12-9pm. Free Dosa meal, partly donated for by the public and partly by the business. Visit Namaste Village during opening times, take a voucher from the wall and collect your free Dosa meal. Namaste Village 130-139 Queens Road, Norwich, NR1 3PN.

Healthy Start vouchers: If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. Learn more.

Free school meals. These are universal for all children up to year 2. From year 3 onwards, eligibility is based on other benefits, and you must apply directly. Learn more and apply here.

<https://thefeed.org.uk/our-projects/foodassist>

Where food is available by day of the week:

Monday

- Salvation Army, Pottergate Arc Hot breakfast (8am to 10:45am) – £1.20/free toast
- St Stephen's Church Café (10am to 4pm) – Pay what you can afford, minimum charge £1

Tuesday

- Salvation Army, Pottergate Arc (8am to 10:45am) – Hot breakfast £1.20/free toast
- Norwich Elim Church, Trory Street (9:30am – 12:30pm) – Free breakfast and dinner
- St Stephen's Church Café (10am to 4pm) – Pay what you can, minimum £1
- Oak Grove Chapel, 70 Catton Grove Road (6pm to 7:30pm) – Free hot meal
- Russell Street Community Centre – Spud Club – (term time, 4:30pm to 6pm) – A meal for primary school aged children and parents.

Wednesday

- Salvation Army, Pottergate Arc (8am to 10:45am) – Hot breakfast £1.20/free toast
- St Stephen's Church Café (10am to 4pm) – Pay what you can, minimum £1
- New Hope Christian Centre, 2 Martineau Lane (10am to 2pm) – Light lunch
- Harford Community Centre foodbank (2:15pm to 3:15pm) – Aimed at Lakenham and Tuckswood residents

Thursday

- Salvation Army, Pottergate Arc (8am to 10:45am) – Hot breakfast £1.20/free toast
- St Stephen's Church Café (10am to 4pm) – Pay what you can, minimum £1
- Food and Beverage Buggies (7pm to 9pm) – Delivers food to rough sleepers in doorways and on the streets of Norwich

Friday

- Salvation Army, Pottergate Arc (8am to 10:45am) – Hot breakfast £1.20/free toast
- Gateway Vineyard/Alive! Church, Nelson Street (10:30am to 11:45am) – Hot breakfast 50p (free with a foodbank voucher). Also hosts a foodbank at the same time
- Trinity United Reform Church, 1 Unthank Rd (City end) (12:30pm to 1:30pm) – Soup/bread
- Soul Church, Café Soul, 4 Mason Road, NR6 6RF – Free two-course lunch plus shower and laundry facilities and minibus service with three pickups:
Midday – from City Reach/Highwater House, opposite Toys R Us
12:15pm – from YMCA Central on All Saints Green
12:30pm – from Bishops Bridge House on Gas Hill
- St Stephen's Church Café (10am to 4pm) – Pay what you can, minimum £1
- Society Alive Community café, Clover Hill Village Hall, NR5 9BN (every first and third Friday of the month, 12:30pm to 2:30pm)
- Food Cycle, Quaker Meeting House, Upper Goat Lane (7pm) – Hot meal
- Salvation Army, Pottergate Arc (7:30pm to 9:30pm) – Free hot meal for rough sleepers only

Saturday

- The Welcome Wagon (6am) – Breakfast food and drinks
- Russell Street Community Centre (10am to 11:30am) – Breakfast Club
- St Stephen's Church Café (10am to 4pm) – Pay what you can, minimum £1
- Strands, City Saints in Action, St Augustine's Church Hall (4pm to 7pm) – Jacket potato with filling, donation
- Society Alive Clover Hill Village Hall, NR5 9BN (4:30pm to 6:30pm) – Soup evening

Sunday

- The Welcome Wagon (6am) – Breakfast food and drinks
- Sunday Social at People's Palace Café Vauxhall Street, 26 Suffolk Square (11am to 2pm)
- The Kings Centre, Kings Street, (2pm to 4pm) – Free hot meal, laundry and shower facilities