A guide to free and low-cost meals and food support in Southend

SATURDAYS

TIME	HOST	SERVICE	ADDRESS	COST / REFERRAL REQUIRED
10.00 - 11.00	Southend City Baptist Church	Tea, coffee, games	Clarence Road, Southend, SS1 1AN WTW: ///fool.cash.hope	Free to access, Church Service 11.00 - 12.00
10.30 - 12.20	Family Action	FOOD Club and family support	Summercourt Children's Centre, SS0 7AU WTW: ///wounds.remark.stage	£5 FOOD Box, £1 Annual membership, geographical restrictions apply. Email southendfoodclubs@family-action.org.uk
11.00 - 14.00	The Experience Project	Foodbank	The Craftsman Bar, SS0 7EW WTW://label.gazed.hiding	Last Saturday of the month For residents of Westcliff and surrounding areas - Bring ID
18.30 - 20.00	SVP	Kindness Kitchen	Short Street, Southend, SS2 5BY WTW: ////tribe.twist.gold	Free to access

SUNDAYS

TIME	HOST	SERVICE	ADDRESS	COST / REFERRAL REQUIRED
18.30 - 20.00	SVP	Kindness Kitchen	Short Street, Southend, SS2 5BY WTW: ////tribe.twist.gold	Free to access