

# Contact Details for affordable Food Outlets and Foodbanks in South Lakeland

**Food Clubs/FareShare** – Set price bag of food available from a community building where households can register to become members and pay a small fee for picking up food for a week. Food often comes from Fare Share or local supermarkets and other suppliers.



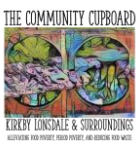
**Ambleside Community Food Club & Café** – Volunteers collect and receive donations of surplus food. Members of the Food Club have the option to collect a pre-packed bag of this food. Members can volunteer and donate items to contribute to the group. For more information please contact: Ambleside Parish Centre, Vicarage Road, Ambleside Tel: 015394 34172 or email: [community@amblesidepc.org.uk](mailto:community@amblesidepc.org.uk)



**Sedbergh Food Club** - This operates under Zero Waste Sedbergh and distributes surplus food to households in the Sedbergh community and surrounding area. A suggested donation of £3 per week will give you a share of the weekly Fareshare delivery (usually fresh fruit, veg, cooking sauces, snacks, pasta, bread). You can choose your own items, enjoy some refreshments and a sit down as well. Membership is through registration via [www.ZeroWasteSedbergh.com](http://www.ZeroWasteSedbergh.com). You may be asked to go on a waiting list if membership is full. Every Thursday during term time, 2pm - 6:30pm, at Cornerstone Community Church, New Street, Sedbergh, LA10 5AF For more information phone 07833534710



**Manna House** - homeless prevention charity providing food three times a week from Fareshare donations Tel: 01539 725534 or email: [clare@mana-house.org.uk](mailto:clare@mana-house.org.uk)



**Kirkby Lonsdale Food Club** – Working with Fareshare they provide members with a bag of food that would usually go to landfill. For £4 a week, sign up at [klcommunity.co.uk](http://klcommunity.co.uk) **Can also provide weekly food to help you get back on your feet for more information please email:** [coordinator@klcommunity.co.uk](mailto:coordinator@klcommunity.co.uk)

**Ulverston Food Share** - Community Food Share based at the Parish Centre, Church Walk. Pay As You Feel. Food Club Collection Fridays 4pm - 5.30pm £4 per bag with spaces currently available. Tel: 07949074822 or email: [ulverstonfoodwaste@gmail.com](mailto:ulverstonfoodwaste@gmail.com)

**Grange Community Food Share** – offer emergency food support such as food parcels and dry store restocks. As well as 2 weekly food clubs where you can come along and collect fresh surplus food. If you cannot collect the food box yourself then it can be delivered. For more information Tel:07985 505415

## Community Food Shares - Pantries/Cupboards/Fridges - places where food

is available for people to collect free of charge or where people can leave surplus food for others to collect. Food comes from FareShare or local contacts with supermarkets and other supplies.



**Kendal Food Share** – 17 Drovers Drive, Kendal Tel:07488376910 more information on their Facebook page, Sandylands Residents Association



**Waste into Wellbeing** - Running 'pay as you can' food shares and community café for the latest information including opening times and venues: Visit [www.slacc.org.uk/wiw/](http://www.slacc.org.uk/wiw/) Follow us on Facebook and Twitter [/kendalpeoplescafe/](https://www.facebook.com/kendalpeoplescafe/)



**Sedbergh Community Cupboard** – Operates alongside Sedbergh Food Club on Thursday afternoons. Sedbergh Community Cupboard operates as an informal food bank all year round, and if you cannot collect the food box yourself then it can be delivered to your door. Self-referrals can be made via the Sedbergh Community Cupboard page of the Zero Waste Sedbergh website. You can also register by phoning this number: 07833534710

**Kirkbarrow Food Share – Enabled by Kirkbarrow Residents' Association** - Two food sheds, that are unlocked throughout the day - 41 Greengate Lane, Kendal and 2 Echo Barn Hill, Kendal. Food parcels can be dropped off at addresses on Kirkbarrow sheltered housing complexes or to any residents in need. If you live on Kirkbarrow and feel you would benefit from a food parcel, please email: [rosetideswell@gmail.com](mailto:rosetideswell@gmail.com) with your name and address or ask at one of the food shed addresses or contact your local councillor.

**Burneside Community Fridge** - located in the corridor of St Oswalds church at the heart of the village is an open 'take what you need, give what you can'. A small team runs the process of filling it weekly via local food banks and financial support. For more information email: [judithnotly@gmail.com](mailto:judithnotly@gmail.com)

**Staveley with Ings Together Food Fare Share** – based at the Staveley Pavilion Village Hall, register with us via email: [staveleytogether@gmail.com](mailto:staveleytogether@gmail.com) or Tel:07396 696726

**Food Banks** – no cost emergency food provision for targeted households through referral agencies or direct referrals through referral agencies e.g. Citizen Advice Bureau, Social Workers, Schools as appropriate.



**Ulverston Food Bank** – Bethany Christian Church, Lightburn Road Tel:01229 343410 (The food bank is open Thursday 11am – 1pm, Monday re-opening soon. For more information please phone)



**Millom Food Bank** – Millom Baptist Church, Crown Street Tel: 01229 774601 (The food bank is open Tuesday 11am – 1pm and Thursday 11.am – 1.pm deliveries available)



**Barrow Food Bank** – Abbey Road, Baptist Church, Cnr of Abbey Road/Park Road Tel: 01229 343436 (The food bank is open Monday, Wednesday and Friday deliveries only, Tuesday 11am – 1pm, Thursday 11am – 1pm and Friday 1pm – 3pm)



**Kendal Food Bank** – Shakespeare Centre, Yard 76, Highgate Tel: 07534 609179 email: [kingsfoodbank@gmail.com](mailto:kingsfoodbank@gmail.com) (The food bank is open Tuesday, Wednesday and Friday 12-3pm)

**Windermere & District Food Bank- Methodist Church Basement, Main Road** Tel:07789728811 or email: [info@windmeredistrict.foodbank.org.uk](mailto:info@windmeredistrict.foodbank.org.uk) (For more information please phone)

**Milnthorpe Area Food Bank** - Tel: 07582166564 Mon-Fri 9am - 5pm