



# Low Cost & Free Food

June 2023

As well as Food Bank Vouchers and Discretionary Assistance Fund (DAF) payments available through Hubs and the Advice Line, there are other local organisations providing food help. Some providers may have restrictions relating to where you live.

Organisation	What's available?	When?	Venue/ Contact Details
<b>Food Pantries</b>	Fresh food, fruit and veg for a small weekly subscription (usually around £5)	Various days	<a href="http://www.yourlocalpantry.co.uk">www.yourlocalpantry.co.uk</a>
<b>Community Fridge</b>	Varies but can include sandwiches, cooked food, meat, dairy, fruit, and veg. Pay what you can afford.	Every day 930am-11pm	Cathays Community Centre, 36-38 Cathays Terrace, <b>Cathays</b> CF24 4HX
<b>Al-Ikhlās Centre Foodbank</b>	Varies	Tuesdays 10am-12 noon	Al-Ikhlās Centre, 92 Broadway, <b>Adamsdown</b> CF24 1HN
<b>Food for Life Wales</b>	Food For Life Hub provides free, nutritious, plant-based meals.	Monday-Friday 11am-6pm Sat 11am-5pm	The Atma Lounge, Unit 20, Capitol Centre, <b>Queen Street</b> , Cardiff CF10 2HQ  Tel: 029 20 390 391
<b>Rainbow of Hope</b>	Free tea/ coffee and lunch for those in need.	Monday-Thursday 1030am-1.00pm Saturday 12 noon-1pm	23-25 <b>Broadway</b> , Cardiff CF24 1QE  Tel: 029 20 494317
<b>Rumney Forum</b>	Foodbags £7 for those in CF3 area	Tuesdays	Brachdy House, 50 Brachdy Road <b>Rumney</b> CF3 3BG  Tel: 07736 972977

Call our AdviceLine:

**029 2087 1071**

Or pop into your local hub or library for help from our teams.  
Call the Adviceline for opening hours.

 [advicehub@cardiff.gov.uk](mailto:advicehub@cardiff.gov.uk)

[www.cardiffmoneyadvice.co.uk](http://www.cardiffmoneyadvice.co.uk)





Organisation	What's available?	When?	Contact Details
<b>St Marks &amp; St Phillips Church</b>	Free Market	St Marks- Tuesday & Saturday 10-1030am St Phillips- Sunday 330-4pm	St Mark's Church, 206 North Road, <b>Gabalfa</b> , CF14 3BL  St Phillip's Church, Tweedsmuir Road, <b>Tremorfa</b> , CF24 2RN  Tel: 02920 619211
<b>Glenwood Community Church</b>	Pantry for those living in Llanedeyrn or Pentwyn- £3 for 16 items. Must register first at: <a href="http://www.glenwoodchurch.org/food-club">www.glenwoodchurch.org/food-club</a>	Fridays	Glenwood Community Church, Circle Way West, <b>Llanedeyrn</b> CF23 6UW  Tel: 07498 299343
<b>FoodCycle Cardiff</b>	Free hot meal- families welcome	Ely- Mondays 630pm  Riverside- Wednesdays 630pm	Dusty Forge, 460 Cowbridge Road West, <b>Ely</b> CF5 5BZ  Riverside, Wyndam Street Centre, 3-5 Wyndam Street, <b>Riverside</b> CF11 6DQ <a href="http://www.foodcycle.org.uk">www.foodcycle.org.uk</a>
<b>The Living Room at Rumney Chapel</b>	Open for free breakfast and lunch, plus dinner on some evenings.	Opening hours vary	The Living Room at Rumney Chapel, Brachdy Road, <b>Rumney</b> , CF3 3BG  <a href="http://www.rumneychapel.org/thelivingroom">www.rumneychapel.org/thelivingroom</a> Tel: 029 2025 0998
<b>Splo-Down</b>	Community Food Group	Wednesday 5-7pm	Oasis Centre courtyard - 69B Splott Road, <b>Splott</b> CF24 2BW. <a href="https://splo-down.org/">https://splo-down.org/</a>

This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg.

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