



Sources of Free Emergency Food in Inverness



| ORGANISATION | TYPE OF ASSISTANCE | TIMES | ARRANGEMENT | ADDRESS AND CONTACT |
|--|---|--|---|---|
| Highland Foodbank Part of Blythswood Care | Food bank & bags of food | Mon – Fri 12 noon – 2pm | Crisis Model by referral Speak to Citizens Advice Bureau or Highland Council Welfare Team | 1 Glebe Street Inverness Call 01463 717 630 Or 07875 332 696 Email foodbank.admin@blythswood.org |
| Inverness Foodstuff | Meals and food to take away and other services | Tue 1pm – 3.30pm Thurs 1pm – 3.30pm Sat 1pm – 3pm | Just turn up Or contact via facebook | Ness Bank Church Hall, Ness Bank. Call 07552 303 056 Email invernessfoodstuff@gmail.com |
| Café 1668 | Meals and food to take away on allocated days and times | Open Mon – Fri 9am – 3pm Note free meal times below Mon, Wed, Fri noon – 2pm | Just turn up | 86 Church Street Inverness Call 01463 224454 www.highlandtsi.org.uk/cafe |
| Crown & City Community Cupboard | Food and toiletries | 7 days 8am – 8pm | Just turn up | Shed by the blue door 1 Ardconnel Street, Inverness |
| Salvation Army | Food bank and bags of food | Wed & Fri 9am – Noon | Just turn up | 20 Tomnahurich Street Entrance from Tomnahurich St. Call 01463 225276 |
| Scottish Welfare Fund | Emergency help with food, white goods, (cooker fridge washing machine etc) & welfare. Assistance if on low income | Mon – Fri 9am – 5pm | Phone or Email | Call 0800 083 1887 www.mygov.scot/scottish-welfare-fund |
| Good-NESS Project | Food | 7 days 8am – 6pm | Just turn up or contact via Facebook Good-NESS project | The Barn Centre, Barn Church Road Culloden IV2 7AB |
| Compassion in Crisis | Fresh Food bags & practical support | Mon – Fri 9am – 5pm | Referrals through Health, Education or Social Services if living in Smithton area | 1 Murray Road Smithton, IV2 7YU Call 01463 793 191 Email compassionincrisis@outlook.com |
| Smithton Church | Community Food Night Burgers, Hot Dogs, and hot/cold drinks. 4 items £1 | Thursday 5pm – 6.30pm | Please turn up promptly | 1 Murray Road Smithton, IV2 7YU Call 01463 793 191 Email office@smithtonchurch.com |
| Culloden Gospel Hall | Meals to sit in or take away | First Sunday every month 5pm | Please turn up promptly | Culloden Gospel Hall Keppoch Rd, Culloden IV2 7LL Call 0787 426 4803 Email contactus@cullodenchristianassembly.com |
| SHIMCA Scottish Highland Islands Moray Chinese Assoc. | Food Vouchers, school uniform bank, energy top up | By arrangement | Phone or email for assistance | 1 Ardconnel Street Inverness Call 07595 895 450 Email shimca.org.uk@gmail.com |

Compiled by Rotary Club of Inverness Riverside as a community project

Updates / alterations please contact: 07917 113 187



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