Information NOW
Information for people in Newcastle upon Tyne

Food help in Newcastle

If you can't afford to buy or cook food for yourself or family, help is available. Read more below to find local services, charities and community groups who can help and low cost options to help make your money go further.

Emergency food parcels

Foodbanks in Newcastle give emergency food parcels to people who are in crisis. They are usually run by volunteers. Emergency food parcels usually contain dried or tinned food that you can cook at home to make meals. You may need a referral from a professional to get a voucher and get a parcel. Foodbanks support both individuals and families who are struggling. They often offer other items such as: nappies, baby milk, period products, toiletries and pet food.

Free meals and cheap food

Charities and community groups offer free or cheap meals in Newcastle. You can also use low cost supermarkets, where you can buy discounted food and essential items.

This page also has more information about Healthy Start Vouchers, free school meals and supermarket discounts.

Find food help near you

Search our organisation directory to find food help near you.

Search for Foodbank organisations

Location:
Postcode:
Search

Community cafes

Food and friends are where you can pay a small amount for a hot meal and drink and meet new people. These take place in community venues across Newcastle.

Meals at home

Meals at home are available for people to buy if you struggle to buy and cook food for yourself.

Healthy Start Scheme

NHS Healthy Start Scheme is for people who are more than 10 weeks pregnant, or have children under the age of 4, who receive certain benefits. You get a free prepaid card that's topped up every 4 weeks to buy: milk, fruit and vegetables. You can also collect free vitamins from locations listed here.

You can use the card in shops that accept Mastercard payments and sell at least one of these Healthy Start foods.

Pets and animal food

RSPCA cost of living support hub has more information about help if you are struggling to pay for your pet care.

Emergency or crisis support

If you are in an emergency or crisis situation there are **Emergency or crisis support and funds** available to help you pay for energy bills, household items, furniture, food, travel and other essential items.

More information is available if you're:

- **homeless or worried about becoming homeless**
- **need mental health support**

> **The Crisis Support Scheme has now ended.**
>
> All applications made up to and including 31 March 2024 will still be considered. If you need extra support to help with the Cost of Living you can contact the Welfare and Wellbeing Team. Read more about cost of living support on InformationNOW

Help with shopping

Help with shopping or assisted shopping services are available locally. They can collect you from home and take you to the local supermarket.

Cost of living help and support

Cost of living support website from Newcastle City Council has information about where to get help and support with housing, energy, debt, benefits, money, council tax, school and learning costs. This includes wellbeing hubs

Read more on cost of living support on InformationNOW

Wellbeing Hubs

Wellbeing Hubs are warm welcoming place to spend time in Newcastle. Local venues, such as libraries and community centres, offer a range of support such as hot drinks, free wifi, place to charge your devices, information, advice and more.

Read more about Cost of living help and support on InformationNOW and **Keeping warm and well in winter.**

Last updated: February 28, 2025

Useful Organisations

Healthy Start Scheme

Email: healthy.start@nhsbsa.nhs.uk

Website: https://www.healthystart.nhs.uk

Address: Healthy Start, NE1 6SN

Families 1st NE Multibank

Email: multibank@families1st.uk

Website: https://www.families1st4additionalneeds.org/NNFB

Telephone: 0191 694 1501

Address: Unit 1, NE13 7BA

Newcastle Foodbank

Email: laura@nclwefb.org.uk

Website: https://newcastlewestend.foodbank.org.uk/

Telephone: 0191 275 3019

Address: Newcastle Food Bank Centre, NE15 6LX

Foodcycle

Email: hello@foodcycle.org.uk

Website: https://foodcycle.org.uk/

Telephone: 020 7729 2775

Address: FoodCycle Head Office 2.16, SW8 5EL

Meals at Home – Newcastle City Council service

Email: meals@newcastle.gov.uk

Website: https://new.newcastle.gov.uk/adult-social-care/help-live-home/meals-home-service

Telephone: 0191 277 3978

Address: Adult Services Directorate, NE1 8PB

CDW Food Bank

Email: cdwfoodbank@gmail.com

Website: www.cdwfoodbank.co.uk

Telephone: 07493 056 985

Address: West Denton Church, NE5 5AY

Connect25 Food Bank

Email: foodbank@thekcfoundation.co.uk

Website: https://www.thekcfoundation.co.uk/

Telephone: 0797 647 9111

Address: Connect25 Food Bank, NE6 2AR

Kenton Food Bank

Email: kentonfoodbank.loree@gmail.com

Telephone: 07540 272 051

Address: 177 Kirkwood Drive , NE3 3BE

Walker and District Foodbank

Email: info@walkerdistrict.foodbank.org.uk

Website: http://walkerdistrict.foodbank.org.uk/

Telephone: 07561 711594

Address: 25 Church Walk, NE6 3DP

The Venerable Bede Church

Email: church@benwellscotswood.com

Website: https://benwellscotswood.com/

Telephone: 0191 273 5356

Address: The Church of The Venerable Bede, NE4 8AQ

Byker Mutual Aid

Email: bykercovid19@outlook.com

Address: Byker Mutual Aid, NE6 2AL

Citizens Advice Newcastle (CAN)

Email: citycab@newcastlecab.org.uk

Website: http://citizensadvice-newcastle.org.uk

Telephone: 0808 223 1133

Address: 4th Floor, City Library, NE1 8AX

Crisis Skylight Newcastle

Email: enquiries.newcastle@crisis.org.uk

Website: https://www.crisis.org.uk/get-help/newcastle/

Telephone: 0191 222 0622

Address: City House, NE1 2AF

Families 1st 4 Additional Needs

Email: support@families1st.uk

Website: https://www.families1st4additionalneeds.org/

Telephone: 0191 217 0079

Address: Moirs Of Gosforth, Windsor House, NE13 7BA

Feeding Families

Email: info@feedingfamilies.org.uk

Website: https://feedingfamilies.org.uk/

Telephone: 01919087163

Address: Unit 2, Franklin Industrial Estate, NE21 5TL

Food & Solidarity

Email: organiser@foodandsolidarity.org

Website: www.foodandsolidarity.org

Telephone: 07393 101018

Address: Food & Solidarity, NE4 5QR

Heaton Baptist Church

Email: office@heatonbaptist.org

Website: http://www.heatonbaptist.org/

Telephone: 0191 265 7044

Address: Heaton Road, NE6 5HN

Holy Spirit Church

Website: http://www.achurchnearyou.com/denton-holy-spirit/

Telephone: 0191 267 4633

Address: Holy Spirit Church, NE5 2BE

Justice and Peace (Diocese of Hexham and Newcastle)

Website: http://www.rcdhn.org.uk/social_concerns/justice_and_peace.php

Telephone: 07407 091184

Address: St. Vincent’s Support Centre , NE1 2TQ

Newcastle Welfare Rights Service

Email: welfare.rights@newcastle.gov.uk

Website: www.newcastle.gov.uk/welfarerights

Telephone: 0191 277 2627

Address: **POSTAL ADDRESS ONLY - No face-to-face advice is given here, NE7 7LX

Refill

Website: https://www.refill.org.uk/

Address: Studio 5 York Court, BS2 8QH

St Martin’s Centre Food Support (Byker and Walker)

Email: info@stmartinscentre.org.uk

Website: http://www.stmartinscentre.org.uk/

Telephone: 0191 276 4002

Address: St Martin's Centre J, NE6 2R

Galafield Family Hub

Email: OuterWestCFN@newcastle.gov.uk

Website: https://childrenandfamiliesnewcastle.org.uk/find-us/galafield-family-hub

Telephone: 0191 277 7800

Address: Galafield Family Hub, NE5 1LZ

The Muslim Initiative

Email: info@themusliminitiative.com

Website: http://www.themusliminitiative.com

Telephone: N/A

The Peoples Kitchen

Email: info@peopleskitchen.co.uk

Website: www.peopleskitchen.co.uk

Telephone: 0191 222 0699

Address: The People’s Kitchen, NE4 5SQ

Related Articles

Food banks and free emergency food in Newcastle

Free meals and affordable food in Newcastle

Food and Friends

Meals at home

Pets and animals

Help with shopping and prescriptions

Mental Health

Homeless or worried about becoming homeless