

The Bread and Butter Thing

The Bread and Butter Thing is an affordable mobile food club that runs across the UK. They offer low cost weekly shopping bags. It's cheaper than buying food in shops. The bags contain fruit and vegetables, fridge favourites and cupboard staples. It's free to become a member. They accept Healthy Start vouchers and vegetarian options are available.

The food bags change each day. this means you won't save the same amount of money each time. You will get new foods to try and the cost of the bag may be reduced if they have less food available.

Their North East locations include:

Newcastle

[The Bread and Butter Thing \(Byker\)](#)

[The Bread and Butter Thing \(Benwell\)](#)

Gateshead

[The Bread and Butter Thing Deckham](#)

North Tyneside

[The Bread and Butter Thing Family Gateway](#)

[The Bread and Butter Thing Fordley](#)

[The Bread and Butter Thing Longbenton](#)

[The Bread and Butter Thing Shiremoor](#)

[The Bread and Butter Thing St Aidans](#)

[The Bread and Butter Thing Whitley Bay](#)

Northumberland

[The Bread and Butter Thing Stobhill](#)

Sunderland

[The Bread and Butter Thing – CHANCE](#)

[The Bread and Butter Thing – Easington Lane](#)

[The Bread and Butter Thing – Pennywell](#)

[The Bread and Butter Thing – Silksworth](#)

[The Bread and Butter Thing – Southwick](#)

[The Bread and Butter Thing – Washington](#)

Durham

[The Bread and Butter Thing Annfield Plain](#)

[The Bread and Butter Thing Blackhall](#)

[The Bread and Butter Thing Bowburn](#)

[The Bread and Butter Thing Cornforth](#)

[The Bread and Butter Thing Dawdon](#)

[The Bread and Butter Thing Dipton](#)

[The Bread and Butter Thing Eden Hill](#)

[The Bread and Butter Thing Gilesgate](#)

[The Bread and Butter Thing Haswell](#)

[The Bread and Butter Thing Junction 7](#)

[The Bread and Butter Thing Spennymoor](#)

[The Bread and Butter Thing Stanley](#)

[The Bread and Butter Thing St Andrews](#)

[The Bread and Butter Thing St Catherines](#)

[The Bread and Butter Thing The Hut](#)

[The Bread and Butter Thing Tow Law](#)

[The Bread and Butter Thing Wheatley Hill](#)

Last updated: June 3, 2025

Website: <https://www.breadandbutterthing.org/>

Textphone: 07860 063304

Twitter: <https://twitter.com/TeamTBBT>

Youtube: https://www.youtube.com/channel/UCDQ_sVtXIFyhra9xkaWwcdQ

Opening Hours: Opening hours are different for each location.

Cost: There may be a cost to this service/support