

The Bread and Butter Thing – Southwick

The Bread and Butter Thing (TBBT) Southwick is an affordable food club that offers nutritious low cost weekly shopping bags. The bags are made up of fruit and veg, fridge and cupboard staples donated from high street supermarkets, food manufacturers and farmers that would otherwise go to waste

No referral is needed and there are no eligibility criteria; everyone is welcome.

To start shopping, you need to sign up as a member, everyone is welcome and there's no fee:

1. Text 07507237311 with your full name, postcode and the the name of the hub you will be collecting from – Southwick. You'll then get weekly texts.
2. Book your food club order in advance
3. Collect and pay for your goods at at Southwick every Friday between 12pm to 12.30pm

Last updated: March 17, 2026

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

Email: hello@breadandbutterthing.org

Twitter: www.x.com/teamtbbt

Opening Hours: Every Friday 12.00-12.30pm

Address:
Southwick Community Centre
Southwick Road
SR5 2AG