

## Shopping and Help Accessing Food Directory

**Updated 21/01/2021**

Your resource for up-to-date information on supermarkets, local green grocers and wholesalers as well as other useful food and shopping related services. This directory is to help support you and the people you care about during the outbreak of Coronavirus in the UK.

The Impact Initiatives Food Access Worker will be adding to and updating the information once a week - on a Thursday - so please keep checking our website for the most recent version.

If something is missing from this list please call the Ageing Well telephone number on **07770 061 072** and we will do our best to find the information you need.

Food support is available for everyone 18+

For help and services not related to shopping or accessing food, please refer to our '[Services & Help Available](#)' [directory](#).

 Please use zoom in function if viewing in browser or request a larger print version to be posted to you.

Below is information on these topics

If you are looking at this online you can click on the topic that you are most interested in and it will take you straight there!

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**Telephone Support** Help is available over the phone to navigate information around getting your food shopping whatever your situation.

<p><b>Impact Initiatives' Food Access Support</b></p>	<p>Food &amp; Essential Supplies for people 18+ who can afford to pay for shopping</p> <ul style="list-style-type: none"> <li>• Support to use online and telephone shopping options.</li> <li>• Access to priority online delivery slots for Tesco &amp; Iceland home deliveries.</li> <li>• Signposting people to paid shopping services.</li> <li>• One-off small food shop in if no other options are available.</li> <li>• As Covid-19 restrictions ease, short-term support for individuals to regain confidence in shopping for themselves again.</li> </ul>	<p><b>07770 061 072</b>  <b>or</b>  <b>via BHCC</b>  <b>01273 293 117 option 3</b></p> <p><a href="mailto:ageingwellbh@impact-initiatives.org.uk">ageingwellbh@impact-initiatives.org.uk</a></p>
<p><b>Brighton and Hove City Council Local Discretionary Social Fund</b></p>	<p>If you need emergency help with food (including food vouchers and food bank referrals), energy bills and other essentials, please phone 01273 293 117 and select option 1. You will be directed to the Local Discretionary Social Fund. Or fill in the online form to request help for yourself or someone else.</p>	<p><b>01273 293 117 option 1</b></p> <p><a href="https://www.brighton-hove.gov.uk/coronavirus-covid-19/request-help-yourself-or-someone-else">https://www.brighton-hove.gov.uk/coronavirus-covid-19/request-help-yourself-or-someone-else</a></p>
<p><b>Ageing Well 50+ Food and Nutrition</b></p>	<p>Eating well is an important part of ageing well. Our service supports older people at risk of undernutrition by telephone. 1-1 support is available if practical and safe to do so. We will help you to understand what services and help are available. We can also discuss how your nutritional needs will change and what you can do to be healthy and feel good.</p> <p>We have a booklet <a href="#">Eating Well to Stay Healthy as You Age</a> for older people who may not be eating enough to be healthy. The guide will help spot the signs of undernutrition and suggests ideas to help prevent it.</p>	<p><b>07770 061 072</b></p> <p><a href="mailto:ageingwellbh@impact-initiatives.org.uk">ageingwellbh@impact-initiatives.org.uk</a></p> <p><a href="http://ageingwellbh.org/food-and-nutrition/">http://ageingwellbh.org/food-and-nutrition/</a></p>

**Telephone Supermarket Shopping** Some supermarkets have made it possible for older and vulnerable people to order groceries over the phone. Later in the directory, you will also find local green grocers and wholesalers where telephone orders are possible.

<p><b>Morrison's Doorstep Delivery</b>  <small>*Working well for AW clients</small></p>	<p>Morrison's have set up a service called Morrison's Doorstep Delivery for self-isolating customers. Customers can call with their shopping lists and place an order. If there is a long wait time to get through to a customer service assistant, you may be prompted to request a call back. Payment is completed by contactless card or chip and pin on delivery. In order to use this service you must live within 10 miles of a Morrison's store.</p>	<p>0345 611 6111 press option 5</p> <p>Mon – Sat 9am- 5pm</p> <p>Delivered the next day anytime between 10am-6pm.</p> <p><a href="https://my.morrisons.com/doorstep-deliveries">https://my.morrisons.com/doorstep-deliveries</a></p>
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	<p>To find out where your nearest local Morrison's store is located, use the Morrison's store locator website by clicking on the below web link:  <a href="https://my.morrisons.com/storefinder/">https://my.morrisons.com/storefinder/</a>.</p> <p><b>Delivery charges</b>          Elderly and vulnerable: Free          Students: £2          Standard: £4.50</p> <p>*If you are not <u>required</u> to pay a delivery fee, you will be asked if you would like to pay an optional contribution towards the delivery cost, this is not mandatory*</p>	
<p><b>Sainsbury's Assisted Shopping</b></p>	<p>Sainsbury's Assisted Shopping scheme helps older and vulnerable customers to place orders over the phone. When calling for the first time you will be asked to set up an account including registering your bank details. You will then need to provide the last 4 digits of you long card number every time you call to make an order.          There is a minimum order of £25. If you spend under £40 you will be automatically be charged £7 for your delivery and can choose a 1 hour slot.          Over £40 you will be charged either £4 for a 1 hour slot or £1 for a 4 hour slot (you will be called on the morning of your delivery day to specify what hour your delivery is expected to arrive).</p>	<p>0800 917 8557 press option 1</p>

**Urgent/ Same Day Online Supermarket Shopping**

If need to self-isolate unexpectedly you may need to order in food that same day. Delivery companies will be able to deliver within hours. Use the postcode function to check availability in your area. If you are not online call Impact Initiatives' Food Access Support 07770 061 072.

<p><b>Deliveroo</b> (debit card)</p>	<p><b>Morrison's, Co-op and Marks and Spencer's</b> food can be ordered online or via the Deliveroo App by clicking on the grocery tab. Delivery within half an hour depending on your location. Use the postcode search tool to find out if they deliver to your area. There is a charge and a small service fee.</p>	<p><a href="https://deliveroo.co.uk/">https://deliveroo.co.uk/</a></p>
<p><b>Dinner 2 Go</b> (cash)</p>	<p>Online Brighton based delivery service delivering from local restaurants, takeaways and off-licenses. Online or via app. Cash can be paid on delivery. Service available from 12 noon.</p>	<p><a href="http://www.dinner2go.co.uk/brighton">www.dinner2go.co.uk/brighton</a></p>
<p><b>Coop</b> (debit card)</p>	<p>Home delivery for online shopping within 2 hours. Minimum spend £15. Delivery charges £0.99-£1.99. Enter your post code to find next available slot.</p>	<p><a href="https://www.coop.co.uk/ways-to-shop/home-delivery">https://www.coop.co.uk/ways-to-shop/home-delivery</a></p>

<b>Sainsbury's Chopchop App</b> (debit card)	For delivery within in an hour download the Sainsbury's Chopchop App. Minimum spend £15, £5 delivery charge.	<a href="https://www.chopchopapp.co.uk/">https://www.chopchopapp.co.uk/</a>
<b>Waitrose Rapid</b> (debit card)	Waitrose Rapid offers delivery in two hours with a £10 minimum spend and £5 delivery charge.	<a href="https://rapid.waitrose.com/">https://rapid.waitrose.com/</a>

<b><i>Supermarket</i></b> <b><i>(click hyperlink on supermarket's name for latest up to date information on Opening Times for different groups)</i></b>	Most supermarkets are now back to their normal opening hours however continue to offer dedicated shopping times for older people, NHS staff and care workers. Other services such as telephone shopping and shopping with local independent shops or wholesalers that deliver can be found later in this directory and are encouraged if you are unable to go out. Advice on staying safe outside your home from the government can be <a href="#">found here</a> . Shopping at quieter times, maintaining a 2m (6feet) distance, using contactless payments, making use of sanitation stations and only touching what you intend to buy remain advisable. From the 24 <sup>th</sup> July it will be mandatory for all customers (with certain exceptions) to wear a face covering for the duration of their visit.	
	Supermarkets Dedicated Shopping Times	
	<b>Older people, disabled people and their carers</b>	<b>Anyone with an NHS ID badge</b>
<a href="#">Sainsbury's</a>	Priority access	Priority access with valid ID
<a href="#">Tesco</a>	9:00am to 10:00am Wednesday and Sunday (large stores only)	Priority access with valid ID
<a href="#">Iceland</a>	No dedicated hours	No dedicated hours
<a href="#">Co-Op</a>	8:00am to 9:00am Mon-Sat, 10:00am to 11:00am Sun	8:00am to 9:00am Mon-Sat, 10:00am to 11:00am Sun
<a href="#">Asda</a>	No dedicated hours	No dedicated hours
<a href="#">Morrison's</a>	No dedicated hours	6:00am to 7:00am Mon-Sat, 9:00am to 9:30am Sun
<a href="#">ALDI</a>	Opening 30 minutes early (from 7.30am) Monday – Saturday for older and vulnerable people. For browsing only	Emergency workers and social care workers take priority ahead of queues and opening 30 minutes early on Sunday for browsing only
<a href="#">LIDL</a>	No dedicated hours	No dedicated hours
<a href="#">Marks &amp; Spencer</a>	8:30am to 9:30am Mon and Thurs	8:30am to 9:30am Tue and Fri

<a href="#">Infinity Foods</a>	9:30am to 10:30am Thursdays	No dedicated hours
<a href="#">Waitrose</a>	First hour of trading/ Priority access	Priority access with ID to shops and checkouts

**Online Supermarket Shopping**

The government are no longer delivering a weekly box of basic supplies however if you signed up for priority supermarket deliveries you will continue to have access to those.

<https://www.gov.uk/coronavirus-extremely-vulnerable>

If you are self-isolating and struggling to access supermarket slots priority access to Tesco and Iceland can be provided. Contact Impact Initiatives' Food Access Support 07770 061 072.

<b>Asda</b>	£3 basket charge for online delivery orders under £40. Delivery charges £1-£6.50. £3 basket charge for click and collect orders under £25. Collection free - £3. Express pickup within 4 hours available.	<a href="http://www.asda.com">www.asda.com</a>
<b>Aldi</b>	Aldi have introduced a <b>Click and Collect service</b> in Brighton and Hove. Choose your collection store and time slot online. All slots are £4.99 with no required minimum spend. On the day of pick up, you will receive a confirmation email and/or text reminder. Follow the Click & Collect parking bay instructions upon collection.	<a href="#">Click and Collect   ALDI</a>
<b>Coop</b>	Spend £25 in store for free home delivery in two hours from Blatchington Road Coop.	<a href="http://www.coop.co.uk">http://www.coop.co.uk</a>
<b>Iceland</b>	Minimum online order £25 for £2 delivery charge or free over £35. Spend £25 in store for free same day home delivery. You can place your online order up to six days in advance and delivery slots are offered on a first-come first-served basis and are subject to availability.	<a href="https://www.iceland.co.uk/">https://www.iceland.co.uk/</a>
<b>Marks &amp; Spencer's / Ocado</b>	Order M&S food through Ocado. £2.99-£6.99 delivery charge for online orders under £75. Free delivery over £75. Ocado have a helpful live chat function on their website where you can ask an advisor regarding any queries you have with ordering online. The advisors can't help with delivery slot booking but are happy to help with any other enquiries.	<a href="https://www.ocado.com/">https://www.ocado.com/</a>
<b>Morrison's</b>	£40 minimum spend for home delivery. Delivery charges range between £2-£5. Charges may vary depending on your delivery address and the day and time of your chosen slot. £25 minimum spend for click and collect. Collection free. Help available to load your car.	<a href="https://www.morrisons.com/">https://www.morrisons.com/</a>

<b>Sainsbury's</b>	£25 minimum spend. £7 delivery charge for online orders under £40. Delivery charges for orders over £40 will vary between £1- £4.50 and free over £100 for delivery on Monday - Thursday after 2pm. £4 basket charge for click and collect orders under £40. Collection free.	<a href="https://www.sainsburys.co.uk/">https://www.sainsburys.co.uk/</a>
<b>Tesco</b>	£4 basket charge for online delivery orders under £40. £4 basket charge for click and collect orders under £25.	<a href="http://www.tesco.com">www.tesco.com</a>
<b>Waitrose</b>	Minimum online order £40 with free delivery.	<a href="http://www.waitrose.com">www.waitrose.com</a>

**Supermarket  
Volunteer Shopping  
Cards**

Supermarkets are offering a cashless shopping card so that volunteers can get your shopping for you and avoid the exchange of money. Top up your card online and the volunteer can print out a code to be used at the checkout. You can decide how much money goes on the card and how often you want to top it up.

<b>Asda</b>	Visit the Asda website to sign up for a volunteer shopping card	<a href="http://www.asda.com/volunteercard">www.asda.com/volunteercard</a>
<b>Marks &amp; Spencer's</b>	M&S have launched a 'We're all in this together' e-gift card. Order online a card with your desired amount and then email the barcode to your volunteer.	<a href="https://www.marksandspencer.com/all-in-this-together/p/p60282075">https://www.marksandspencer.com/all-in-this-together/p/p60282075</a>
<b>Sainsbury's</b>	Send an E-Gift card to a friend or helper so they can shop in store for you. For help call 03712001597	<a href="https://sainsburysgiftcard.co.uk/">https://sainsburysgiftcard.co.uk/</a> 0371 200 1597
<b>Coop</b>	Coop have set up a community shopping scheme and have made community shopping cards available. Call 0800 029 4592 and the card will be sent to you in 2-3 working days.	0800 029 4592 <a href="https://www.coop.co.uk/terms-and-conditions">https://www.coop.co.uk/terms-and-conditions</a>

**In Store Shopping  
Reservation**

Some supermarkets are allowing you to reserve a slot to shop in store to reduce time queueing outside.

<b>Marks &amp; Spencer's</b>	Reserve a slot to shop in store, so you won't have to queue when you arrive.	<a href="https://www.marksandspencer.com/bookands-hop">https://www.marksandspencer.com/bookands-hop</a>
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**Meal Deliveries**

The following companies deliver hot, chilled or frozen meals across Brighton and Hove. Orders can be made over the phone or online with payments made by card and some companies allow cash or cheque on delivery. **Call the company to request a free brochure** and browse at your leisure. You can ask Ageing Well to request this for you if you are happy for your contact details to be shared.

Hot meal delivery		
<b>Mother Theresa's meals by Presto</b>	<b>Mother Theresa's</b> and <b>Presto</b> hot meal service providers have recently combined as one service and are now known as <b>Mother Theresa's meals by Presto</b> approved by BHCC. Drivers are using fresh gloves between each delivery and regular handwashing and equipment cleaning. The service includes a brief welfare check where drivers will phone in, if someone doesn't answer the door. Grocery delivery is available along with the meals. Using fresh, locally sourced ingredients to create a menu of traditional favourites delivered hot to your door over the lunchtime period.	01323 441 114 <a href="http://www.mothertheresas.co.uk">www.mothertheresas.co.uk</a> <a href="http://www.getpresto.co.uk">www.getpresto.co.uk</a>  <a href="mailto:info@mothertheresas.co.uk">info@mothertheresas.co.uk</a>
Frozen ready meal delivery		
<b>Oakhouse Foods</b>	Regular and reliable deliveries. Orders of £30 or more are delivered for free otherwise £1 charge. Payment by cash or cheque on delivery possible or pay by card online and over the phone.	01273 582 260 <a href="http://www.oakhousefoods.co.uk">www.oakhousefoods.co.uk</a>
<b>Wiltshire Farm Foods</b>	Over 300 delicious meals and desserts, including gluten free and vegetarian options. Free no-contact delivery. Minimum order £19.99. Deliveries can be bought into your home on request.	01903 206 777 <a href="http://www.wiltshirefarmfoods.com">www.wiltshirefarmfoods.com</a>
<b>Cook</b>	Limited delivery slots available, £40 minimum order or click and collect from store. Card payments only.	01732 759 020 <a href="http://www.cookfood.net">www.cookfood.net</a>
<b>Punjab Kitchen from Simply Food Solutions</b>	Order a mixed case of 12 frozen meals for £42. Delivery next day before 12 noon if ordering Monday - Thursday before 10.30am. No delivery charge. A full range of Halal meals, which are made strictly in accordance with Sharia Law, and the ethnic vegetarian meals are made separately so as to satisfy all religious denominations. Kosher meals also available in the Simply Worldfoods section.	0191 456 0456 <a href="https://simplyfoodsolutions.co.uk/punjab-kitchen/">https://simplyfoodsolutions.co.uk/punjab-kitchen/</a>
<b>Chef Akila</b>	Deliciously healthy curries & biryani, delivered frozen. Slow-cooked with all natural ingredients. Vegan options available.	0203 991 9736 <a href="https://www.chefakila.com/">https://www.chefakila.com/</a>
<b>Spice Upp</b>	UK's No. 1 African Caribbean Online Supermarket selling frozen ready meals made by experienced chefs bringing you the best in delicious dishes from the roots	01509 390174 <a href="https://spiceupp.co.uk/12-ready-meals">https://spiceupp.co.uk/12-ready-meals</a>

	of African and the Caribbean. Payment via website or bank transfer only. Delivery from £6.99.	
<b>Other types of meal delivery</b>		
<b>Alimento</b>	Easy ready meals for those with swallowing difficulties and drinks to boost nutritional intake.	0800 083 4446 <a href="https://alimento.co.uk/">https://alimento.co.uk/</a>
<b>Parsley Box</b>	No need for a fridge or a freezer! Cupboard stored meals delivered straight to your door and ready to eat within minutes	0800 612 7225 <a href="http://www.parsleybox.com">www.parsleybox.com</a>

#### Medication

<b>Pharmacy2U</b>	Taking care of your prescription delivery for free	<a href="https://www.pharmacy2u.co.uk/prescriptions/electronic-prescription-service-nhs">https://www.pharmacy2u.co.uk/prescriptions/electronic-prescription-service-nhs</a>
<b>NHS find a pharmacy</b>	Find your local pharmacy and pharmacy details	<a href="https://www.nhs.uk/service-search/find-a-pharmacy">https://www.nhs.uk/service-search/find-a-pharmacy</a>

#### Independent Grocery Delivery Services

The following services operate in or deliver to Brighton & Hove. Orders can be made by phone and/or online. Please check website security – look out for padlock at beginning of URL.

In addition to this list **Brighton and Hove Food Partnership** have many more shops listed who can deliver. Visit their website for more details.  
<https://bhfood.org.uk/coronavirus-update/>

<b>Infinity Foods Shop and Bakery</b>	Infinity Foods have partnered with Click it Local. Delivery for £3 and for each additional retailer you order from, this adds another £1 to delivery. Click it Local allows small local shops to compete with bigger supermarkets.	<a href="https://www.clickitlocal.co.uk/brighton/">https://www.clickitlocal.co.uk/brighton/</a>
<b>Adams Wholesale</b>	Free next day home delivery Monday to Saturday. Orders over £50 free delivery otherwise £5. Click and collect available on orders over £25. Leave a voice message to have your call returned. There can be a 24 hour wait for receiving login details when setting up an account.	01903 282 220 <a href="http://www.adams-wholesale.com">www.adams-wholesale.com</a>
<b>Dubleaus the Grocer</b> (cash payment possible)	Currently no minimum order or delivery charge. Try to achieve next day delivery. Orders over the phone possible. Pay over the phone or by cash on delivery. Fruit and veg, dairy, bakery and store cupboard items available.	01273 945 674 <a href="http://www.dubleaus.com">www.dubleaus.com</a>

<b>Sun Harvest</b>	One-stop-shop. Minimum delivery order £35. Free next day delivery. Closed on Sunday and limited deliveries on Saturday. Click and collect available.	01273 777 768 / 01273 697 631 <a href="https://www.sunharvestltd.co.uk">https://www.sunharvestltd.co.uk</a>
<b>Premier Wholesale Foods</b>	£40 minimum spend and next day delivery if ordering by 3pm. Frozen fruit and veg available.	<a href="https://www.premierwholesalefoods.co.uk/">https://www.premierwholesalefoods.co.uk/</a> 01903 214 747
<b>Milk and More</b>	Real British milk and other delicious products delivered to your doorstep by a real milkman or woman.	<a href="https://www.milkandmore.co.uk/">https://www.milkandmore.co.uk/</a>
<b>Bidfood</b>	Bidfood (normally a wholesaler) are doing next day home delivery when ordering before 2pm. Orders only £100. Please be aware that quantities are large and may not be suitable for people living alone.	<a href="https://www.bidfood.co.uk/home-consumer/">https://www.bidfood.co.uk/home-consumer/</a>
<b>Wildheart</b> (cash payment possible)	Delivery available in the Portland Road, Hove area. Call 07708687656 to order for collection or free next day home deliveries, a rough price guide is available on Facebook. Order by 4pm.	07708 687 656 <a href="https://www.facebook.com/hove.co.uk/">https://www.facebook.com/hove.co.uk/</a>
<b>Pamir</b>	Organic and international food delivery to all postcodes within 3 miles radius from the store at BN1 4QF. Order online by 8pm receive it by 8pm the next day. Minimum order £20 for free delivery. All fresh meat halal.	01273 673 888 <a href="https://pamirgrocery.co.uk/">https://pamirgrocery.co.uk/</a>
<b>Taj</b>	You can now shop with Taj on Western Road online. A selection of boxes available. Free delivery. Delivery in 24 hours.	<a href="https://www.tajnaturally.co.uk/">https://www.tajnaturally.co.uk/</a>
<b>Florence Road Market</b>	Online market open from Saturday p.m. to Thursday midday for collection or delivery the following Saturday.	<a href="http://www.florenceroadmarket.com">www.florenceroadmarket.com</a>
<b>DBC Green Grocers</b>	Woodingdean Only. DBC Green Grocers sells fresh fruit, veg and infinity foods products (grains, pulses, nuts, dried fruits etc). Phone or email for weekly delivery or phone in advance and collect. Payment via cash in and envelope or BACCS transfer. Open 9am - 4pm	<a href="mailto:suedbcgreengrocers@gmail.com">suedbcgreengrocers@gmail.com</a> 01273 300 441
<b>7 Dials Veg Box</b>	Large Box £30 and Bumper Box £50. Order by 10pm online for next day delivery.	<a href="https://www.7dialsvegbox.com/">https://www.7dialsvegbox.com/</a> 07895 019 727

<b>Black Radish</b>	Currently delivering NON-ORGANIC fruit and vegetables in the Brighton & Hove area. Message on Black Radish Facebook messenger for more details.	01273 723 392 <a href="https://www.facebook.com/blackradishhtd/">https://www.facebook.com/blackradishhtd/</a>
<b>Rushfields Farm Shop</b>	Farm shop - bread, cheese, meat, veg. Order online.	<a href="https://www.rushfields.com/">https://www.rushfields.com/</a>
<b>Wellocks at Home</b>	Quality ingredients normally sold to Michelin restaurants available online	<a href="https://wellocksathome.co.uk/">https://wellocksathome.co.uk/</a>
<b>Sing Kee Foods</b>	Sing Kee has a wide range of provisions from the Far East. It is one of Yorkshire's largest Oriental supermarket networks. Order online or over the phone, there is a £6.99 delivery charge under £70. Available languages: Cantonese, Mandarin and Thai	0199 270 1701 option 4 <a href="https://singkeefoods.co.uk/gb/">https://singkeefoods.co.uk/gb/</a>
<b>Food to your Home</b>	Previously supplying restaurants Food to Your Home has been set up to bring food to your doorstep. Order online	<a href="https://www.foodtoyourhome.com">https://www.foodtoyourhome.com</a>
<b>Approved Food</b>	The UK's best selection of clearance food & drink at discount prices. Delivery from £3.	<a href="https://www.approvedfood.co.uk/">https://www.approvedfood.co.uk/</a>
<b>The Sussex Kitchen</b>	Delivery is free when you spend over £10. You can select a delivery date of your choice of up to 7 days ahead. Endeavour to deliver orders before 10 am Monday to Saturday, depending on the distance from us. Timed delivery slots are not available.	01825 722 201 <a href="mailto:shop@thesussexkitchen.com">shop@thesussexkitchen.com</a> <a href="https://thesussexkitchen.com/">https://thesussexkitchen.com/</a>

In addition to this list **Brighton and Hove Food Partnership** have many more shops listed who can deliver. Visit their website for more details.  
<https://bhfood.org.uk/coronavirus-update/>

**Independent Cafes, Bakeries, Fish Mongers and Butchers**

In addition to this list **Brighton Quarantine Delivery** have put together a list of independent shops delivering during the coronavirus crisis. Maybe you'll find your local shops on here. It is great to support local business during this time if you are able to.  
[www.brightonquarantine.co.uk](http://www.brightonquarantine.co.uk)

<b>Soul Soup</b>	Delivering Monday, Wednesday, Friday soup and fresh produce for a recommended donation, e.g. 4x soup £8 or a produce bag £10. Bank transferred preferred, cash payment possible.	07796678654  <a href="mailto:info@soulsoup.cafe">info@soulsoup.cafe</a>  <a href="https://www.soulsoup.cafe/nourishing-food-deliveries">https://www.soulsoup.cafe/nourishing-food-deliveries</a>
<b>Kari Club Praan Vitality Ready meals</b>	Choose from delicious vegan soups to hearty main courses. All dishes are made individually from fresh with no additives or colours. These dishes come in recyclable cartons and are suitable for freezing. Delivery on Fridays only	<a href="https://thekariclub.com/praan/">https://thekariclub.com/praan/</a>
<b>Brighton and Newhaven Fish Sales</b>	Order fish by phone 7am-3pm for Tuesday-Saturday delivery. Minimum £20 spend and free delivery. Card payment only	01273 420 123  <a href="http://www.brighton-fish-sales.co.uk">www.brighton-fish-sales.co.uk</a>
<b>Brighton Express Meats</b>	Order meat online for next day delivery. Free delivery for orders over £40.	<a href="http://www.brightonexpressmeats.co.uk">www.brightonexpressmeats.co.uk</a>
<b>Flourpot Bakery</b>	Order online for bread and food normally sold in the café. 48 hours' notice needed. Minimum order £10, delivery charges apply.	<a href="http://www.theflourpot.co.uk">www.theflourpot.co.uk</a>
<b>The Cheese Hut</b>	Free delivery on orders over £35	<a href="https://tonycowling1971.wixsite.com/thecheesehut">https://tonycowling1971.wixsite.com/thecheesehut</a>  01273 789 107
<b>Coburn and Baker</b>	Fresh bread boxes can be ordered and paid for over the phone. Order by 1pm Monday – Friday for next day delivery. Boxes start from £7 and delivery is £2. Birthday cakes are available	<a href="https://www.coburnandbaker.co.uk/">https://www.coburnandbaker.co.uk/</a>  01273 414 166 01273 414 104
<b>Southwick Square Meats</b>	To place an order please call 01273 592168 or message us on Facebook, orders will have to be in by 11.30am for that day delivery, minimum order £20.00	<a href="http://www.southwicksquaremeatsltd.co.uk">www.southwicksquaremeatsltd.co.uk</a>  01273 592 168

### Local Restaurant and Takeaways as Delivery

During this time more and more restaurants will be making their food available for delivery. If you are unable to get online or use a mobile app you may be able to ask someone to do so for you. Some companies allow you to pay cash on delivery. Remember to maintain the recommended 2m distance.

<b>Dinner 2 Go</b>	Online Brighton based delivery service. Delivering from local restaurants, takeaways and off-licenses. App available. Cash can be paid on delivery if necessary.	<a href="http://www.dinner2go.co.uk/brighton">www.dinner2go.co.uk/brighton</a>
<b>Restaurants Brighton</b>	Directory of restaurants and cafes delivering in Brighton. Updated regularly	<a href="http://www.restaurantsbrighton.co.uk/brighton-takeaway">www.restaurantsbrighton.co.uk/brighton-takeaway</a>
<b>Just Eat</b>	Online and app takeaway delivery service. Cash payment possible however place in envelope (or similar) and take measures to keep distance when handing over	<a href="http://www.just-eat.co.uk">www.just-eat.co.uk</a>
<b>Deliveroo</b>	Online and app takeaway delivery service. Card payment only.	<a href="http://www.deliveroo.co.uk">www.deliveroo.co.uk</a>
<b>Uber Eats</b>	Online and app takeaway delivery service. Card payment only.	<a href="http://www.ubereats.com">www.ubereats.com</a>

### Corner Shop Delivery

Similar to ordering a takeaway on an app or online you can order groceries from your local corner shop.

<b>Beelivery</b>	Beelivery is a nationwide on demand grocery delivery service using crowdsourced delivery drivers.	<a href="http://www.beelivery.com">www.beelivery.com</a>
<b>Runner UK</b>	Download the app for £2.50 delivery charge of corner shop items e.g. Soft drinks, Drinks, Frozen food, Pantry, Dairy, Bread. Tea/Coffee, Household items, Pet food, Veg, Fruit.	07308 848520 <a href="https://www.runneruk.com/">https://www.runneruk.com/</a>
<b>Grocmania</b>	A new shopping delivery app for smaller shops. Delivery in 1 hour. There is free delivery on orders over £30, while delivery of orders between £10 and £30 cost £2.50, and orders under £10 cost £4.50	<a href="https://grocmania.co.uk/">https://grocmania.co.uk/</a>

<b>Neighbourhood Volunteer Support</b>	Many new schemes have been set up to support people during Covid-19. Volunteers will have signed an agreement but may not be DBS checked, please use your discretion and alert us to any suspicious behaviour. If you are an older or vulnerable person in need of support navigating the options, please call Ageing Well. We will be happy to connect you with options that have worked well for others and refer you to the Ageing Well partners when further support is needed.	
<b>Brighton Cooking Club</b>	Brighton Cooking Club can help by providing cooked meals. They team you up with people in your local area who have	<a href="https://www.brightoncookingclub.com/">https://www.brightoncookingclub.com/</a>

	volunteered to cook. Nutritious meals will be delivered contactless to your door.	
<b>Mutual Aid Groups</b>	Neighbours are offering to support each other with shopping, telephone calls and more. Find your local group through their website	Emergency phone number 07872 023 446 <a href="https://brightonmutualaid.co.uk/">https://brightonmutualaid.co.uk/</a>
<b>NHS Volunteer Responder</b>	<p>You can self-refer for support from a NHS volunteer responder.</p> <ul style="list-style-type: none"> <li>• People who want to continue to stay at home or who need to avoid busier public spaces, such as supermarkets</li> <li>• People with caring responsibilities</li> <li>• People who are self-isolating because they've been diagnosed with COVID-19 or have symptoms</li> <li>• People who've been instructed to self-isolate by the 'Test and Trace' service, because they've been near someone infected.</li> <li>• People who are self-isolating ahead of planned hospital care.</li> <li>• Frontline health and care workers</li> <li>• The responder can support with shopping, prescription collection or a friendly chat.</li> </ul>	<p>Call 0808 196 3646 (8am to 8pm) to refer yourself</p> <p><a href="https://volunteering.royalvoluntaryservice.org.uk/nhs-volunteer-responders-portal/isolating">https://volunteering.royalvoluntaryservice.org.uk/nhs-volunteer-responders-portal/isolating</a></p>

**Local Charities and Organisations**

**Brighton & Hove Council have partnered with Brighton & Hove Food Partnership to offer various food supply services. We would recommend that you contact the Council for support and information: <https://new.brighton-hove.gov.uk/coronavirus-covid-19/request-help-yourself-or-someone-else> 01273 293 117**

<b>Real Junk Food Project</b>	RJFP will be offering table-service as well as pre-packaged meals on a pay as you feel basis for collection. See website for locations	<a href="http://www.realjunkfoodbrighton.co.uk/covid-19/">www.realjunkfoodbrighton.co.uk/covid-19/</a>
<b>BMECP Food Bank</b>	BMECP has set up a foodbank to reach out to the BME, BAME and other communities and help where they can. It will run every Friday from 12.00-3.00 pm.	<a href="http://bmeccp.org.uk/bmeccp-food-bank/">http://bmeccp.org.uk/bmeccp-food-bank/</a>
<b>Food and Friendship</b>	Food and Friendship luncheon club will continue supporting their beneficiaries and hope to be opening up to small invited groups in a trial, with social distancing, facemasks and hand sanitising after the lockdown.	<a href="mailto:cookingcaroline@outlook.com">cookingcaroline@outlook.com</a>  07813 667 857

<b>Brighton Unemployed Centre Families Project</b>	Emergency food parcels for people with no money or access to food. Please fill out their form online (call if internet access is not possible).	01273 671 213 <a href="http://www.bucfp.org">www.bucfp.org</a>
<b>East Brighton Food Coop</b>	If you live in East Brighton and need a freshly prepared nutritious hot meal or a food parcel during Covid -19 please contact us to place an order at Robert Lodge Community Kitchen	email: <a href="mailto:eastbrightonfoodcoop@gmail.com">eastbrightonfoodcoop@gmail.com</a> <a href="https://www.eastbrightonfoodcoop.uk/">https://www.eastbrightonfoodcoop.uk/</a>
<b>Moulsecroomb Community Market</b>	Weekly £3.50 membership fee for about £16 worth of goods every Wednesday. Open to all residents of Moulsecroomb and the surrounding area. No referral needed.	10am – 12pm every Weds at St. George's Hall, 140 Newick Rd, BN1 9JG. Contact Anke to sign up <a href="mailto:ankethurm@trustdevcom.org.uk">ankethurm@trustdevcom.org.uk</a> or 07449 464695
<b>Very Local Food Hubs</b>	Community food boxes, fresh, affordable and available weekly in Moulsecroomb, Bevendean and Bates Estate. Prices vary from £12 to £18, available for collection or delivery if you are isolating/vulnerable.	07591 972 600 <a href="https://www.facebook.com/verylocalfoodhubs">https://www.facebook.com/verylocalfoodhubs</a>
<b>Lunch Positive</b>	Weekly Friday lunch club 'café style' for people with HIV will be changing to a drop in takeaway until lockdown eases. Other support including deliveries of cooked food and groceries, telephone befriending available to members.	07846 464 384 <a href="http://www.lunchpositive.org/special-plans">www.lunchpositive.org/special-plans</a>

**Getting out to go shopping**

You may want to return to running your own errands and doing your own shopping. Some organisations run services to make this easier and you will be able to look into these services as lockdown eases.

<b>Brighton and Hove Community Transport</b> (Continuing during Nov. lockdown)	Easy link is a door to door transport service for people that find it difficult or impossible to use the normal bus service, including wheelchair users. The Easylink Shopping Service serves Brighton and Hove from Portslade to Saltdean, taking passengers to their nearest supermarket. You can call or go online to book.	01273 677559 <a href="https://bhct.co.uk/">https://bhct.co.uk/</a>
<b>Possability People's low cost scooter and wheelchair hire</b> (On pause for Nov. lockdown)	Possability People are running a reduced service hiring out mobility scooters, wheelchairs, powered wheelchairs and even portable 'bus' scooters on Wednesdays and Thursdays only. For pick up and drop off in Churchill Square. Accepting pre-booked hires only (at least one day in advance) call Monday – Friday.	01273 32 32 39 <a href="mailto:shopmo@possabilitypeople.org.uk">shopmo@possabilitypeople.org.uk</a> <a href="https://www.possabilitypeople.org.uk/how-we-can-help/independent-living/shopmobility-2/">https://www.possabilitypeople.org.uk/how-we-can-help/independent-living/shopmobility-2/</a>
<b>Ask SARA – Living made easy</b>	A useful website for impartial advice about equipment to help make daily living easier. Click on the shopping option and answer some questions.	<a href="https://asksara.livingmadeeasy.org.uk/">https://asksara.livingmadeeasy.org.uk/</a>

	You will then be offered some ideas to make shopping easier.	
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**For Fun**      There are some great opportunities to get online and learn new cooking skills!

<b>Cooking Confidence with the Community Kitchen</b>	A Facebook group for people who are learning to cook or building up their cooking confidence. Run by the friendly team at the Community Kitchen - a cookery school in Brighton.	<a href="https://www.facebook.com/groups/cookingconfidencebtncitchen/">https://www.facebook.com/groups/cookingconfidencebtncitchen/</a>
<b>Man with a Pan</b>	Man With a Pan is an opportunity for men to learn to cook, be creative, meet new people, build self-confidence and prepare delicious food.	<a href="https://www.eventbrite.co.uk">Man With a Pan (online) Tickets, Thu 25 Feb 2021 at 11:00   Eventbrite www.eventbrite.co.uk</a>
<b>Community Chef, good food for all</b>	Online cookery courses for isolated and vulnerable people	<a href="http://communitychef.org.uk/online-cookery-courses-for-isolated-and-vulnerable-people/?fbclid=IwAR3fC-C1qbJ312SPAgAX4sRIkJ2Ycy6Utpsv1ZkuCKu2XINZhtH_IWhLto">http://communitychef.org.uk/online-cookery-courses-for-isolated-and-vulnerable-people/?fbclid=IwAR3fC-C1qbJ312SPAgAX4sRIkJ2Ycy6Utpsv1ZkuCKu2XINZhtH_IWhLto</a>