

Ageing Well Service
Call: 01273 322947
Text: 07770 061 072
Email: ageingwellbh@impact-initiatives.org.uk
Website - <http://ageingwellbh.org/>

Shopping and Help Accessing Food Directory

Updated 18/11/2022

This directory is to provide you with information on options for getting your food shopping and other support with accessing food, such as meal delivery services.

If something is missing or needs updating in this list, please call Ageing Well Single Point of Contact on **01273 322947** or email ageingwellbh@impact-initiatives.org.uk and we will make any necessary changes.

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.

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Please Note: The information provided within this directory does not represent a recommendation or endorsement from Ageing Well for a service or provider. Ageing Well will always endeavour to keep the information in this directory accurate and up-to-date, but we will not be held responsible for any inaccuracies. Please use your own discretion when contacting or making use of the options listed below. If you do find any errors in the information provided, we would appreciate you getting in touch so we can rectify this as soon as possible. You are always welcome to contact Ageing Well if you would like to discuss any of the service options or organisations in more detail.

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Impact Initiatives Support

Impact Initiatives Food Access Support	<p>Food & Essential Supplies for people 18+ who are struggling to access food-</p> <ul style="list-style-type: none"> • Support to use online and telephone shopping options. • Signposting people to paid-for shopping services. • One-off small food shop in if no other options are available. • If you are struggling with the rising cost of living, we can refer you to a food bank or other low-cost options. 	<p>01273 322950 or via BHCC 01273 293117 option 3</p> <p>food.access@impact-initiatives.org.uk</p>
Ageing Well Eating Well Support	<p>Eating well is an important part of ageing well. Our service supports people aged 65+ who are at risk of undernutrition and dehydration. This can be by telephone or through face-to-face support. We can offer information on what services and help are available within Brighton & Hove, as well as have talk through how nutritional needs change as you age and how to eat well.</p> <p>We have a booklet Eating Well to Stay Healthy as You Age 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>01273 322947</p> <p>ageingwellbh@impact-initiatives.org.uk</p> <p>http://ageingwellbh.org/food-and-nutrition/</p>

Cost of Living/ Energy Support and Advice

Energy-works	<p>Money Advice Plus, Citizens Advice Brighton and Hove, and their energy partners are pleased to be offering help to deal with fuel debt and keeping your home warm this winter. You can get in touch with the service by phone or email.</p>	<p>energyworks@cabrightonhove.org</p> <p>0333 090 9150 (answering service – please leave message with your contact details for the team to get back in touch)</p>
Save Safely – ESFRS	<p>East Sussex Fire and Rescue Service have put together useful advice on how to save energy and money on household bills this winter. The Service has gathered together a few ideas on how to reduce costs whilst taking into account minimising the risk of fire.</p>	<p>https://www.esfrs.org/contact-us/getting-involved/save-safely/</p>
Citizens Advice	<p>Citizens Advice is an independent organisation specialising in information and advice to assist people with legal, debt, consumer, housing and other problems in the United Kingdom. They have a lot of information available on their website, the following may be useful to you at this time -</p> <ul style="list-style-type: none"> • Get help with the cost of living - https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/ • Grants and benefits to help you pay your energy bills (information on support such as Warm Home Discount, Winter Fuel Payment, Cold Weather Payment etc.) - https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/ 	

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BHCC Cost of Living Fact-sheet	The Brighton & Hove City Council Family Information Service created a cost of living support factsheet providing up-to-date information on financial help and other useful tips.	http://www.familyinfobrighton.org.uk/kb5/brighton/fsd/article.page?id=Qd0HO4nj1P0
Self-help Money Advice Checklist	This checklist is packed full of links to extra tools, resources and information. You can find information about additional help and support that's relevant to you.	https://applyforleap.org.uk/self-help-checklist/#learn
Money Helper	MoneyHelper brings together the support and services of three government-backed financial guidance providers: the Money Advice Service, the Pensions Advisory Service and Pension Wise. They offer free and impartial guidance on all things related to your money. Also offering popular tools and calculators for your finances.	https://www.moneyhelper.org.uk/en
BHES-Co	Brighton and Hove Energy Services Co-operative (BHESCo) are a not-for-profit social enterprise enabling people to take control over their energy supply and reduce the environmental impact. BHESCo have a lot of information on support that is available relating to the increase in energy costs on their website or over the phone.	https://bhesco.co.uk/blog/energy-bill-crisis-what-help-is-available-sussex 01273 284470 0800 999 6671 info@bhesco.co.uk
Grants for Healthcare Worker	The Healthcare Worker's Foundation are providing grants for healthcare workers who are struggling with the increased costs-of-living. For more information and to apply, check their homepage.	https://healthcareworkersfoundation.org/financial-support/

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.

Morrison's Doorstep Delivery	<p>Morrison's have set up a service called Morrison's Doorstep Delivery for vulnerable customers. Customers can call with their shopping lists and place an order. In order to use this service you must live within 10 miles of a Morrison's store.</p> <p>You will need to create an account where a customer service advisor will take your personal and card details over the phone to pay for your shopping. All of your details are stored safely. You can no longer pay with your card at the door during delivery. You can request a call back if you do not wish to wait in the phone queue to create an account, and they will get back to you in 48 hours. Deliveries are priced depending on the slot</p>	<p>0345 611 6111 press option 5</p> <p>Select option 1 - to place your order Select option 2- to discuss your food order queries.</p> <p>Order Mon – Sat 9am- 5pm</p> <p>https://www.morrisons.com/help/coronavirus/online/#what-is-the-doorstep-delivery-service</p>
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	<p>you choose, and next day delivery is no longer guaranteed. We recommend ordering your shopping a few days in advance. Once you have created an account, you can call to place an order with them. Their customer service assistants are able to help you specify the items you would like to order. Unfortunately, they are not able to offer substitutions if a product you order is unavailable. Payment will then automatically be taken from your account after the delivery has arrived.</p> <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: https://my.morrisons.com/storefinder/.</p> <p>Delivery charges Prices vary depending on the slot you choose.</p>	
<p>Sainsbury's Assisted Shopping</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 your long card number every time you call to make an order.</p> <p>There is a minimum order of £25. If you spend under £40 you will automatically be charged £7 for your delivery and can choose a 1-hour slot.</p> <p>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 Order Mon- Fri 9am-5pm.</p>

Urgent/ Same Day Online Supermarket Shopping

If you need to stay home 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 01273322950.

<p>Deliveroo (debit card)</p>	<p>Morrison's, Co-op and Marks and Spencer's 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 delivery charge and a small service fee.</p>	<p>https://deliveroo.co.uk/</p>
<p>Dinner 2 Go (cash)</p>	<p>Online Brighton based delivery service delivering from local restaurants, takeaways and off-licenses. Online or via app. Cash can</p>	<p>www.dinner2go.co.uk/brighton</p>

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	be paid on delivery. Service available from 12 noon.	
Coop (debit card)	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.	https://www.coop.co.uk/ways-to-shop/home-delivery
Sainsbury's Chop Chop App (debit card)	For delivery within in an hour download the Sainsbury's Chop Chop App. Minimum spend £15, £5 delivery charge.	https://www.chopchopapp.co.uk/
Tesco Whoosh (debit card)	Tesco Whoosh is a 60-minute delivery service, and your order will arrive within an hour from your checkout time. Simply log into your Tesco online account, and book a 60-minute delivery slot. You can choose from a range of essential items which will be packed from your local Tesco Express. Your order will be handed to a delivery partner to deliver your shopping, which you can track right to your door. In order to get your order to you faster your shopping will be delivered by bike, so weight restrictions may apply.	https://www.tesco.com/groceries/en-GB/zone/whoosh
Amazon Fresh (debit card)	Amazon website offers a service called Amazon Fresh which offers Amazon Prime members and members of their Amazon household, same-day or next-day delivery of grocery orders. Delivery slots are 1-hour and 2-hour time windows with a minimum order of £15. Both free trial and paid members of Amazon Prime and Prime Student are eligible to shop with Amazon Fresh and Morrison's on Amazon. Delivery is available to selected postcodes in Brighton and Hove. Offering a wide selection of fresh produce, meats, seafood, dairy, frozen items, and household essentials. Delivery charge ranges from £3.99 to £6.99 depending on the value of your food shopping order.	https://www.amazon.co.uk/alm/storefront?almBrandId=QW1hem9uIEZyZXNo

Online Supermarket Shopping Contact Impact Initiatives' Food Access Support Service 01273322950 for information and support with using the below online supermarket shopping options.

Asda	£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. Asda also provide express same day delivery which is subject to availability, with an £8	www.asda.com
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	delivery charge. You can see if there is any availability for express delivery from your local store by visiting the 'book a slot' section on the home delivery page.	
Aldi	Aldi have a Click and Collect service 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.	https://groceries.aldi.co.uk/
Coop	Spend £25 in store for free home delivery in two hours from Blatchington Road Coop. Coop offers delivery or collection.	http://www.coop.co.uk
Iceland	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.	https://www.iceland.co.uk/
Marks & Spencer's / Ocado	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.	https://www.ocado.com/
Morrison's	£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.	https://www.morrisons.com/
Sainsbury's	£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 change for click and collect orders under £40. Collection free.	https://www.sainsburys.co.uk/
Tesco	£4 basket charge for online delivery orders under £40. £4 basket charge for click and collect orders under £25.	www.tesco.com
Waitrose	Minimum online order £40 with free delivery.	www.waitrose.com

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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 Food Access to request this for you if you are happy for your contact details to be shared.

Hot meal delivery		
Cookmere Meals	Cookmere Meals deliver high quality meals direct to your door from their purpose built kitchens. They can supply nutritious freshly cooked meals 365 days of the year across the South-east and Dorset. Not only do they deliver delicious meals, they can also deliver tea time snacks, and some groceries such as milk and bread.	01323 884274 https://cookmere.co.uk/
Frozen ready meal delivery		
Oakhouse Foods	Regular and reliable deliveries of frozen ready meals. There is an option to order groceries such as fresh food and cupboard items however it is a limited list of items available to select online and via brochure currently. Deliveries can be brought into your home on request. Payment by cash or cheque upon delivery possible or pay by card online or over the phone.	0333 370 6700 www.oakhousefoods.co.uk
Wiltshire Farm Foods	Over 300 delicious frozen ready meals and desserts, including gluten free and vegetarian options. Deliveries can be brought into your home on request. Payment by debit or credit card on the phone or online, or you can pay in cash or by cheque to your driver.	0800 077 3100 www.wiltshirefarmfoods.com
Cook	Order online to get home delivery of Cook's range of frozen ready meals. Card payments only.	01732 759 020 www.cookfood.net
Punjab Kitchen from Simply Food Solutions	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 World foods section.	0191 456 0456 salesorders@simplyfoodsolutions.co.uk https://simplyfoodsolutions.co.uk/punjab-kitchen/
Chef Akila	Deliciously healthy curries & biryanis, delivered frozen. Slow-cooked with all natural ingredients. Vegan options available. Free delivery for orders over £39.	0203 991 9736 https://www.chefakila.com/

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Spice Upp	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 of African and the Caribbean. Payment via website or bank transfer only. Delivery from £6.99.	01509 390174 https://spiceupp.co.uk/12-ready-meals
Winnys Kitchen	Winnys Kitchen deliver flash frozen traditional Caribbean meals to your door. Meals consist of healthy and balanced options that cater to a range of dietary requirements which are listed under each dish on their website. You can also pick from specific food goals for your meals, such as meals that are high in protein or that are 500 calories and under. They can also deliver oat bowls for a healthy breakfast option. They offer free nationwide delivery on a chosen delivery date that best suits you. There is a minimum order of 5 meals for £30, which works out at a reasonable price of £6 per meal. For any other enquiries about the service, you can call them on 01217690877 or email them at hello@winnyskitchen.com .	https://www.winnyskitchen.com/order
Other types of meal delivery		
Alimento	Easy ready meals for those with swallowing difficulties and drinks to boost nutritional intake. £5.00 delivery charge on orders below £20.00. Free delivery on orders £20.00 and over.	0800 083 4446 https://alimento.co.uk/
Curry Leaf Café at Home	Curry Leaf Café at home is an online ordering service that provides chilled 'finish at home' South Indian meals, delivered to your home. Each meal will stay fresh in the fridge for three days and comes with easy-to-follow heating instructions and is delivered in biodegradable packaging. Curry Leaf Café caters to a range of dietary requirements, which are listed for each individual meal. They offer individual meals, meals for two and family meal boxes. You can find the full menu and price list on their website. Online card payment only. This is available for weekly Friday delivery to BN1-4 if you order by 12 noon. For areas outside of this, you can check their delivery schedule on their website.	https://www.curryleafcafe.com/athome https://www.curryleafcafe.com/delivery-schedule

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Parsley Box	No need for a fridge or a freezer! Cupboard stored meals delivered straight to your door and ready to eat within minutes. Order on their website, by phone or by post. Payment via all major credit and debit cards as well as cheque are accepted. It is not possible to pay with cash.	0131 326 0131 www.parsleybox.com
Hello Fresh	Hello Fresh is a meal kit subscription service. Each week, HelloFresh delivers you a box of ingredients along with recipes that help you cook your own meals. You can select meals from a 20-meal menu each week. All recipes come with clear nutritional information. Click on the web link for more information.	https://www.hellofresh.co.uk
Mindful Chef	Mindful Chef are a recipe box service that are dedicated to helping people eat delicious and healthy meals. They offer recipe boxes, frozen ready meals, smoothie pouches, healthy broths and soups, and next day delivery care boxes full of fresh ingredients. All of their recipes and meals come with clear nutritional information. You can order on their website and pay by debit card: https://www.mindfulchef.com/ . They also have lots of healthy recipes on their website: https://www.mindfulchef.com/healthy-recipes?hsLang=en , and a YouTube channel where they have videos for you to follow and cook along to: https://www.youtube.com/channel/UCv8YpW9ZK7k20Z38ahKK--Q .	https://www.mindfulchef.com/

Medication

Pharmacy2U	Taking care of your prescription delivery for free	https://www.pharmacy2u.co.uk/
NHS find a pharmacy	Find your local pharmacy and pharmacy details	https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy
Lloyds Pharmacy Delivery	If you are unable to get to a pharmacy in person, Lloyds Pharmacy provides delivery for £3.99 for general medicines and health and wellbeing products. Add the products you need to your online basket and check out using your credit or debit card. Lloyds Pharmacy is also available for same day	https://lloydspharmacy.com/

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	delivery on Deliveroo in some areas of Brighton and Hove.	
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Independent Grocery Delivery Services

The following services operate in or deliver to Brighton & Hove. Orders can be made by phone and/or online.

In addition to this list **Brighton and Hove Food Partnership** have many more shops listed who can deliver. Visit their website for more details.

[Where to buy – Brighton and Hove Food Partnership \(bhfood.org.uk\)](http://bhfood.org.uk)

Please check website security – look out for padlock at the beginning of URL.

Infinity Foods Shop and Bakery	Infinity Foods have partnered with Click It Local. Delivery costs start at £3.00 for an order from one shop 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.	https://www.clickitlocal.co.uk/brighton/
Adams Wholesale	Free next day home delivery Monday to Saturday. Orders over £50 free delivery otherwise £5. Orders accepted until 11pm to be eligible for free next day delivery. 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 www.adams-wholesale.com
Sun Harvest	One-stop-shop. Minimum delivery order £35. Free next day delivery. Closed on Sunday and limited deliveries on Saturday. Click and collect option available.	01273 777 768 / 01273 697 631 https://www.sunharvestltd.co.uk
Premier Wholesale Foods	£40 minimum spend and next day delivery if ordering by 3pm. Frozen fruit and veg available.	01903 214 747 https://www.premierwholesalefoods.co.uk/
Milk and More	Real British milk and other delicious products delivered to your doorstep by a real milkman or woman. Order online via their website and if you require assistance with your online order you can call the specified helpline.	0300 456 2000 (Customer service line available from 7am - 4:30pm Monday to Saturday or 7am - 12pm on bank holiday weekends). https://www.milkandmore.co.uk/
Lindsay's Larder (cash payment possible)	Lindsay is able to deliver any retail products found in her store based in Patching Lodge, including household essentials and toiletries that are all	07875694015 lindsaymwright@hotmail.co.uk

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	reasonably priced with 24 hours' notice. If there is any product that you require that Lindsay does not have in stock, she will be able to find it for you. Lindsay delivers to all areas in Brighton and Hove, Saltdean and Portslade. Delivery costs start at £7.50, and vary depending on your location. Prices are available when ordering. All payment options are available, including cash, card and cheque payments that are paid on delivery.	Delivery available Monday-Friday from 9:30am-1:30pm and on Saturdays from 9:30am-11:30am.
Wildheart (cash payment possible)	Fruit and vegetable delivery available in the Portland Road, Hove area. Call 07708 687646 to order for collection or free next day home deliveries, a rough price guide is available on Facebook. Order by 4pm.	07708 687646 https://www.facebook.com/hove.co.uk/
Taj	You can now shop with Taj on Western Road online. A selection of boxes available. Free delivery. Delivery in 24 hours.	https://taj.co.uk
Florence Road Market	Online market open from Saturday afternoon to Thursday midday for collection the following Wednesday as well as collection or delivery on Saturday. Weekly outdoor farmers' market Saturdays 9:30 to 1:30, at the corner of Florence Road and Southdown Ave, Brighton, BN1 6DL. Check their website for more details.	www.florenceroadmarket.com
DBC Green Grocers	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. Check their website for opening hours.	01273 300 441 https://downsbaptistchurch.org/community/greengrocers suedbcgreengrocers@gmail.com
Black Radish	Currently delivering NON-ORGANIC fruit and vegetables as well as cheese and dairy in the Brighton & Hove area. A variety of pre-made meals including soups and curries can be delivered on Thursdays and Fridays if you order by 10am on Wednesday weekly. Pre-made meals can be ordered with VEG boxes for free or there is a delivery charge of £4 delivery. Free delivery for orders over £15+. Contactless card payment is accepted upon delivery. Message on Black Radish Facebook messenger or email for more details.	01273 733592 black.radish@icloud.com https://www.facebook.com/blackradishltd/

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7 Dials Veg Box	Large Box £30 and Bumper Box £50. Order by 10pm online for next day delivery.	07895 019 727 7 Dials Veg Box - Home Facebook
Rushfields Farm Shop	The Farm Shop is open with COVID-19 safety measures in place. Please see the website for opening hours. There is a range of bread, cheese, meat and veg available. Click and collect option is available. Email or phone for more details.	01273 850015 farmshop@rushfields.com https://www.rushfields.com
Wellocks at Home	Quality ingredients normally sold to Michelin restaurants available online	https://wellocksathome.co.uk/
Sing Kee Foods	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 £60. The delivery option is free for orders over £60. Available languages: Cantonese, Mandarin and Thai.	0199 270 1701 option 4 online@singkeefoods.co.uk https://singkeefoods.co.uk/gb/
Food to your Home	Previously supplying restaurants Food to Your Home has been set up to bring food to your doorstep. Order online	https://www.foodtoyourhome.com info@foodtoyourhome.com
Approved Food	The UK's best selection of clearance food & drink at discount prices. Delivery from £3.	Customer service team: 01143599311 7.30am - 3.30pm Monday to Friday https://www.approvedfood.co.uk/ cs@approvedfood.co.uk
The Sussex Kitchen	Delivery is free when you spend over £20. Minimum order is £15. You can select a delivery date of your choice of up to 7 days ahead. For the next day delivery order before midday the previous day. 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 shop@thesussexkitchen.com https://thesussexkitchen.com

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Nonna Tonda	Homemade fresh pasta made each morning, delivered to your door in Brighton. Delivery is available to selected post codes in Brighton. Order pasta dishes for two, four or six people. Free delivery on all orders currently. Manage deliveries via the online calendar on Nonna Tonda's website.	020 3976 8316 hello@nonnatonda.co.uk https://nonnatonda.co.uk
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In addition to this list **Brighton and Hove Food Partnership** have many more shops listed who can deliver. Visit their website for more details.
[Local and organic food stockists – Brighton and Hove Food Partnership](#)

Independent Cafes, Bakeries, Fish Mongers and Butchers

The following services operate in or deliver to Brighton & Hove. Orders can be made by phone and/or online.

Kari Club Praan Vitality Ready meals	Choose from delicious vegan soups to hearty main courses. You can also order a monthly recipe box to create a meal at home. All dishes are made individually from fresh with no additives or colours. These dishes come in recyclable cartons and are suitable for freezing. Place your order by Thursday midday for delivery every Friday.	https://thekariclub.com/praan/
Brighton and Newhaven Fish Sales	Order fish by phone 8am-2pm Mon-Fri for Tuesday- Saturday delivery. Minimum £20 spend and free delivery. Card payment only.	01273 414707 www.brighton-fish-sales.co.uk
Brighton Express Meats	Order meat online for next day delivery. Free delivery for orders over £50.	www.brightonexpressmeats.co.uk
Flourpot Bakery	Order online for the home delivery option, click and collect option or order via Deliveroo. Bread, baking items and a selection of food normally sold in the café is available via these three options. 48 hours' notice needed. Deliveries between 9:30am-3pm. Minimum order £10, delivery charges apply.	www.theflourpot.co.uk

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<p>The Cheese Hut</p>	<p>Over 120 different cheeses from Sussex, Great Britain and the Continent available. Supporting local Sussex cheese producers. Free delivery on orders over £35</p>	<p>01273 789 107 Email enquiries@thecheesehut.co.uk https://the-cheese-hut.myshopify.com</p>
<p>Southwick Square Meats</p>	<p>Butchers shop in Southwick Square, Southwick Brighton. 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 £35.00</p>	<p>01273 592 168 Southwicksquare Meats - Home Facebook www.southwicksquaremeatsltd.co.uk</p>
<p>Too Good To Go</p>	<p>Too Good To Go is an organisation that aims to reduce food waste by making food that would otherwise go to waste throughout the city, available for collection each day. The Too Good To Go App lets you buy and collect food that is leftover from various cafes, restaurants, hotels, shops and manufactures, at a reduced price. You can request a 'magic bag' from your chosen place, and they will make you up a bag with a selection of leftover produce. All you have to do is download the app, select the place you would like to collect from, purchase a 'magic bag' via card payment on the app, and show the store your collection confirmation on arrival. The app is available to download on all smartphones or tablets.</p>	<p>https://toogoodtogo.co.uk/en-gb</p>

Local Restaurant and Takeaways as Delivery

Here are some options available if you would like to order takeaway meals. 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.

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

Corner Shop Delivery

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

Beelivery	Beelivery is a nationwide on demand grocery delivery service using crowdsourced delivery drivers.	www.beelivery.com
Runner UK	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 https://www.runneruk.com/
Grocemania	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	https://grocemania.co.uk/

Volunteer Support

OnHand Volunteer service	<p>You can self-refer for volunteer support by phone or fill in the online referral form via On Hand's website. Volunteers are interviewed and DBS checked.</p> <ul style="list-style-type: none"> Free volunteer help with tasks such as companionship calls, shopping, medication collection, dog walking, tech help and other errands. <p>Support from OnHand is subject to volunteer availability.</p>	<p>Call 0203 488 2912 (8am-8pm) to refer yourself or fill in the online referral form via www.beonhand.co.uk</p>
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Local Charities and Organisations

<p>Real Junk Food Project</p>	<p>The RJFP food hub is open at Leybourne Parade selling a range of rescued produce that would have otherwise gone to waste. Food such as fruit, vegetables, pasta, dairy and other household staples are available. The food is available to purchase on a 'pay as you feel' basis.</p> <p>RJFP's St Lukes café, at 64 Old Shoreham Road, have opened for sit down meals. St Lukes café is open every Tuesday and Wednesday from 12.30pm-2.00pm.</p> <p>The RJFP are open on Thursdays from 12:30-1:45pm at Hollingdean Community Centre for pay as you feel hot meals and surplus produce.</p> <p>The RJFP's Gardener café is open from Thursday-Sunday between 12-4pm each week, serving coffee and vegetarian lunches, also pay as you feel. They are located at 50 Gardner Street.</p> <p>Check RJFP's Facebook page for further information and updates, and full addresses for each location.</p>	<p>http://www.realjunkfoodbrighton.co.uk/</p> <p>The Real Junk Food Project Brighton - Home Facebook</p>
<p>Brighton Unemployed Centre Families Project</p>	<p>BUCFP provide a vegan ready meal collection service for those who live locally, or meals can be collected by prior arrangement. Meals will need to be booked in advance - please call the office on 01273 601211. BUCFP can provide one off emergency food parcels for people with no money or access to food available for collection only on Tuesdays from 2-3:30pm, Thursdays 11am-12:30pm and Fridays 2-3:30pm. Please call beforehand to arrange.</p>	<p>01273 601211 (office hours are Tues-Friday 10am-4pm)</p> <p>www.bucfp.org</p> <p>Address: 6 Tilbury Pl, Brighton, BN2 0GY</p>
<p>The Bevy Community Meals</p>	<p>Free meal delivery service for residents of Bevendean and Moulsecomb, delivered as far as Coldean and Coombe Road. Meals are delivered on Monday, Wednesday and Friday between 12-1pm. If you or somebody you know would like a meal delivery then please call The Bevy to arrange this.</p>	<p>01273 281009</p> <p>contact@thebevy.co.uk</p>
<p>Old Boat Corner Community Centre</p>	<p>The Old Boat Corner Community Centre is a welcoming community centre with a community pantry, community café, and many other projects to support the local community. The community pantry is open from Monday-Friday from 9am-5pm, for people to drop in and take any items they</p>	<p>01273 540779</p> <p>oldboatccc@gmail.com</p> <p>Address: Carden Hill, Brighton BN1 8GN</p>

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	require including fresh and ambient food and household items. The Centre Café provides drinks, sandwiches, light meals and snacks daily, ranging from £0-5. They are open Monday-Sunday and have a range of activities to enjoy in the centre, such as a library and cinema nights.	
East Brighton Food Coop	If you need a freshly prepared nutritious hot meal, EBFC are cooking and delivering meals citywide in Brighton and Hove to anyone who would benefit from a daily meal. They deliver enough hot meals to cover you for the week. The service costs £90 per month. EBFC is collectively run by volunteers and donations. EBFC are now delivering meals 2 times a week on Tues (3 meals delivered) and Thursday (3 meals delivered).Meal Delivery times vary depending on location in Brighton and Hove.	07539 635 017 Email: eastbrightonfoodcoop@gmail.com https://www.eastbrightonfoodcoop.uk/
Sussex Surplus	Sussex Surplus provide boxed meals to reheat and food packages made up of surplus food, in order to prevent food waste and provide people with nutritious meals. They are open on Thursdays from 12:30-2:30pm. Drop in welcome, so you do not need a referral to access this option.	01273 675 741 abi.sussexsurplus@gmail.com Address: Bristol Estate Community Room, Donald Hall Road, Brighton
Moulsecoomb Community Market	Local community supermarket. Weekly £3.50 membership fee to shop for about £16 worth of goods every Wednesday. Open to all residents of Moulsecoomb and the surrounding area. No referral needed.	Text 07925523924 for more information 10am – 12pm every Weds at St. George’s Hall, 140 Newick Road, BN1 9JG. https://www.facebook.com/pages/category/Nonprofit-Organization/Moulsecoomb-Community-Market
Woodingdean Community Food Hub	For Woodingdean residents, collection only. No referral needed. You will need to register on your first visit for the cost of £1, with small cost of £3.50 for subsequent visits if you are able to. Please let them know if payment or collection is an issue, they are able to be flexible with this. Collection is each Friday between 9:30am-11:30am.	Tel: 01273 681593 Email: phil.holycross.woodingdean@gmail.com Address: The Parish Room, Church of the Holy Cross. Downsway, Brighton BN2 6BD

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Pankhurst Pantry	Volunteer-run affordable food project near the Edge Community Room. It is asked that you make a small donation for the food if you are able, to help those who can't. Donations are pay as you feel, but £3-5 is suggested. Just turn up on the day or email them beforehand.	07751 644051 pankhurstpantry@gmail.com 83 Pankhurst Avenue, Brighton
Very Local Food Hubs	Community food boxes, fresh, affordable and available weekly in Moulsecomb, Bevendean and Bates Estate. Prices vary from £5 to £10, available for collection or delivery if you are isolating/vulnerable.	07591 972 600 verylocalfoodhubs@gmail.com https://www.facebook.com/verylocalfoodhubs
The Hop 50+	The Hop 50+ is a café and centre with home-cooked food and great coffee, with groups and activities including minibus trips, therapies, exercise, and educational and social events. These are also available to join on Zoom. The Hop is open Monday to Friday, with Friday being a dedicated day for people living with the early stages of dementia. The café opening times are Monday to Friday from 10am to 4pm. Their home cooked main meal is available from 12:30-1:30pm, in which you can get a main course, desert and tea or coffee for £7.50. Their snack menu is also available throughout the day. You can see what events are happening each month on their monthly schedule, located on their website.	01273 729603 https://impact-initiatives.org.uk/services/adults-and-older-people/hop50/ thehop50@impact-initiatives.org.uk
Food and Friendship Luncheon Club	The Food and Friendship Luncheon Club are a friendly and inclusive lunch club for older people in the area around Hove, Portslade and Hangleton. They run on Tuesdays and Thursdays at the Hove Methodist church, using surplus food from the local area. Guests can attend independently or with their support workers. Please call Caroline if you are interested.	For more information or if you require transport or would like to discuss your dietary requirements, please contact Caroline: Call 01273 728 678 or 07813 667 857. Email cookingcaroline@outlook.com . https://foodandfriendship.org.uk/luncheon-club https://www.facebook.com/hoveluncheonclub/

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<p>Lunch Positive</p>	<p>A welcoming, informal lunch club every Friday afternoon. Based in central Brighton Lunch Positive is open to anyone living with or affected by HIV. Other support is available to members including deliveries of cooked food, groceries and telephone befriending.</p> <p>Lunch Positive are open for sit down community meals weekly on Friday. Doors open 12 noon and lunch will be served at 1pm. Check their Facebook link for more updates.</p>	<p>07846 464 384</p> <p>https://en-gb.facebook.com/lunchclubfriends/</p> <p>www.lunchpositive.org/special-plans</p>
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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 Covid-19 restrictions ease.

<p>Brighton and Hove Community Transport</p>	<p>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.</p> <p>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. Easy link is operating a reduced service currently and can accommodate a maximum of 16 passengers at a time on their minibus. You must wear a face covering unless you are exempt. Strict safety precautions are being adhered to in order to ensure customer safety.</p>	<p>01273 677559</p> <p>https://bhct.co.uk/</p>
<p>Possibility People's low cost scooter and wheelchair hire</p>	<p>Shopmobility are now open 5 days a week, from 10am to 4pm, Monday to Friday. Please contact Shopmobility for information about overnight and weekly hires. Bookings must be made at least the day before. Please call ahead to book your equipment. All equipment must be collected and returned from Shopmobility's main Churchill Square site during the current restrictions. The following equipment is available for hire: mobility</p>	<p>Shopmobility:01273 32 32 39</p> <p>Possibility People helpline: 01273 89 40 40</p> <p>shopmo@possabilitypeople.org.uk</p> <p>https://www.possabilitypeople.org.uk/how-we-can-help/independent-living/shopmobility-2/</p>

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	scooter, wheelchairs, powered wheelchairs and even portable 'bus' scooters.	
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For Fun There are some great opportunities to get online and learn new cooking skills!

Cooking Confidence with the Community Kitchen	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.	https://www.facebook.com/groups/cookingconfidencebtnkitchen/
Community Chef, good food for all	Online cookery courses for isolated and vulnerable people.	http://communitychef.org.uk
Brighton and Hove Food Partnership	Brighton and Hove Food Partnership run a variety of courses throughout the year on topics such as managing menopause, food-related events and specialised cookery courses. Check their website to see what courses are coming up.	https://bhfood.org.uk/events
Chomp Recipe Book	Chomp is a lunch club for families under financial pressure in the school holidays, which is run by One Church in Brighton. They have recently developed a cookery book with lots of fun, fresh and financially friendly recipes for you and your family. It is now free to download and is perfect for families that aim to cook healthy meals on a budget. You can download the recipe book here: https://www.eastbrightontrust.co.uk/chomp-recipe-book.html For more information about the Chomp lunch club, visit the Chomp website.	Recipe Book: https://www.eastbrightontrust.co.uk/chomp-recipe-book.html Chomp Website: https://chompbrighton.co.uk/
Gordon Ramsey's YouTube Cooking Tips	In this two-part video series Gordon Ramsey teaches you all of the cooking tips you need to know if you are just beginning to cook for yourself, or even if you just want to learn some new skills to make cooking easier. He covers skills from to easily chop an onion all the way to how to sharpen your knives. All from the comfort of your own home!	Part 1: https://www.youtube.com/watch?v=BHcyuzXRqLs Part 2: https://www.youtube.com/watch?v=N2G6YNTLUOg