

Sources of Emergency Food in Inverness 2023-24

Organisation	Type of Assistance	Times	Arrangement	Address & Contact
Highland Foodbank part of Blythswood Care	Food Bank & Bags of Food	Mon - Fri 12 Noon - 2pm	Crisis model by referral Speak to Citizens Advice Bureau	1 Glebe St, Inverness 01463 717630 07875 332696 foodbank.admin@blythswood.org
Inverness Foodstuff	Meals and food to take away And other services	10am - 3pm Tues, Thurs & Sat Ness Bank Church Also Noon - 2pm Wed and Fri Hilton Community Centre	Just turn up or contact via Facebook	Ness Bank Church Hall, Ness Bank 07552 303056 invernessfoodstuff@gmail.com Also at Hilton Community Centre, Hilton Village, Oldtown Rd
Cafe 1668	Meals and food to take away on allocated days & times	Open Mon-Fri 9am-3pm Note free meal times are Mon, Wed & Fri Noon-2pm	Just turn up	86 Church Street, Inverness 01463 224454 val@highlandtsi.org.uk www.highlandtsi.org.uk/café
Merkinch	Food Distribution Also toiletries, baby products, and pet food	Mon - Fri Noon to 2.30pm	Neil 07522 922 533 No limit on deliveries	38 Grant Street Inverness anne@merkinch.com
Crown & City Community Cupboard	Food & Toiletries	7 Days 8am-8pm	Just turn up	Shed by the blue door 1 Ardconnel St, Inverness
Salvation Army	Food bank & bags of food	Wed & Fri 9am-Noon	Just turn up	Entrance at 20 Tomnahurich St Inverness Wed & Fri 9am - Noon 01463 225276 (Answering machine out of hours)
Scottish Welfare Fund	Emergency help with food, white goods, (cooker, fridge, washing machine etc) & welfare. Also assistance if on low income.	Mon-Fri 9am-5pm	Phone or email (If on benefits or not)	0800 083 1887 www.mygov.scot/scottish-welfare-fund
Good-NESS Project	Food Items	7 Days 8am-6pm	Just turn up or contact via Facebook The Good-Ness Project	The Barn Centre, Barn Church Road, Culloden, IV2 7AB.
Compassion in Crisis (at Smithton Church)	Fresh Food Bags & Practical Support	Mon-Fri 9am-5pm	Referrals through health, education or social services if living in Smithton area	1 Murray Road, Smithton, IV2 7YU 01463 793191 compassionincrisis@outlook.com
Smithton Church	Community Food Night Burgers, Hot Dogs, Hot & Cold Drinks. 4 Items for £1.	Thursday 5pm - 6.30pm	Please turn up promptly	1 Murray Road, Smithton, IV2 7YU 01463 793191 office@smithtonchurch.com
Vineyard Church	Free lunch Food items to take away	Mondays only 1.30 - 3pm	Just turn up	Raigmore Community Centre Ashton Road, Raigmore IV2 3UY Ashley.carson@invernessvineyard.co.uk
SHIMCA	Food Parcels and essential assistance	By arrangement	Phone or Email for assistance	SHIMCA 1 Ardconnel Street, Inverness. 07595 895450 shimca.org.uk@gmail.com
Cosy Café at the Bught Stop	Free Lunch & baking	Mondays 1pm - 2.30pm Nov to May	All welcome Just turn up	98 Torvean Avenue (Next to the Shop) ballifearycommunity@gmail.com

Compiled by the Rotary Club of Inverness Riverside

Contact Us:
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