

Waltham Forest Food Guide - Spring 2026



Free or very low-cost groceries & meals

For services that require referrals, contact [Adult Early Help](#), Waltham Forest Council or NHS services
Please let volunteering@hornbeam.org.uk know of any errors & changes, or if you'd like a copy

MONDAYS	
Solidarity Supermarket The Hornbeam Centre, 458 Hoe Street, E17 9AH	16:00 - 18:00 No referral needed. Low-cost bulk and surplus food on a sliding scale
Eat Or Heat Quaker Meeting House, Jewel Road, E17 4QU	18:30 - 19:30 Referral required
TUESDAYS	
Peabody Pantry Salisbury Manor Primary School, 4 Burnside Ave, London E4 8YJ	08:30 - 14:00 Need to register. Pay £4.50 for £15+ worth of food
Eat Or Heat South Chingford Congressional Church 161 Chingford Mount Rd, London E4 8LT	10:00 - 11:00 Referral required
Holy Trinity Church Food Share 4 Holloway Road, Leytonstone, E11 4LD	11:00 - 12:00 £4.50, no referral needed
Highams Park Food Aid All Saints Church, Church Avenue, E4 9QZ	11:00 - 13:00 E4 area only, referral required
PL84U Food Bank Unit 29, Forest Business Park, Argall Avenue, E10 7FB	12:00 - 14:00 Council tax letter required for proof of address, referrals for large families
Friday Hill Food Rescue 19 Chingdale Road, Chingford, E4 6HZ	13:00 - 14:30 Local area only, proof of address required
Soul Food cafe at St Andrew's 153 Colworth Road Leytonstone, E11 1JD	17.30 - 19:00 Max 40 people. No referral needed. Finishes end of March
WEDNESDAYS	
Elim Pentecostal Church Food Share Hainault Road, Leytonstone, E11 1EL	10:00 - 12:00 Referral or proof of receiving support required
Highams Park Food Aid Cafe All Saints Church, Church Avenue, E4 9QZ	11:00 - 13:00 E4 area only, free community cafe, no referral needed
PL84U Food Bank Unit 29, Forest Business Park, Argall Avenue, E10 7FB	12:00 - 14:00 Council tax letter required for proof of address, referrals for large families
Eat Or Heat Quaker Meeting House, Jewel Road, E17 4QU	13:00 - 14:00 & 18:30 - 19:30 Referral required
THURSDAYS	
Greenleaf Centre Food Bank The Greenleaf Centre, 67-69 Greenleaf Rd, E17 6QP	10:00 - 12:00 Self-referrals, with proof of support services required
Elim Pentecostal Church Food Share Hainault Road, Leytonstone, E11 1EL	10:00 - 12:00 Referral or proof of receiving support required
Highams Park Food Aid All Saints Church, Church Avenue, E4 9QZ	11:00 - 13:00 E4 area only, referral required
The Gleaners Community Living Room The Hornbeam Centre 458 Hoe St, E17 9AH	11:00 - 15:00 No referral needed

The Lighthouse Project St Mary's Church, Church Road, E10 5JP	1200 - 14:00 No referral needed
The Drive Food Stall Outside Gateskill House, The Drive, E17 3DD	12:00 No referral needed
Foodcycle Community Meals St Mary's Church House, 13 Orford Road, E17 9LP	18:30 No referral needed
FRIDAYS	
Leytonstone Community Fridge. 578 High Road Leytonstone, E11 3DA	12:00 - 13:00 No referral needed
OrganicLea Community Living Room Hawkwood Nursery, 115 Hawkwood Crescent, E4 7UH	12:00 - 14:00 free lunch, no referral needed
Welcomestow Social Fridays Baptist Church, 65 Blackhorse Road, E17 7AS, side entrance.	12.30 - 15.00 Hot food and social activities. No referral needed
Cann Hall Masjid Food Bank 145 Cann Hall Road, Leytonstone, E11 3NJ	16:00 - 18:00 Social services referral required
Eat Or Heat Quaker Meeting House, Jewel Road, E17 4QU	18:30 - 19:30 Referral required
SATURDAYS	
Rukshana Khan Food Bank 6-8 Greenleaf Road, Walthamstow E17 6QQ	10:00 - 12:00 Referral or proof of benefits required
Leytonstone Community Fridge 578 High Road Leytonstone, E11 3DA	12:00 - 13:00 No referral needed
PL84U Food Bank 1Unit 29, Forest Business Park, Argall Avenue, E10 7FB	12:00 - 14:00 Council tax letter required for proof of address, referrals for large families
Faizan-E-Islam Masjid 757 Lea Bridge Road, Walthamstow, E17 9DZ	14:00 - 16:00 Hot food collection & delivery
Seventh Day Adventists Food Bank 14 Drayton Road, Leytonstone, E11 4AR	16:00 - 19:00 No referral needed
SUNDAYS	
Leytonstone Community Fridge. 578 High Road Leytonstone, E11 3DA	11:00 - 12:00 every other Sunday No referral needed
Masjid Tawhid Food Bank 80 High Road Leyton, E15 2BP	12:00 - 13:00 No referral needed
Faizan-E-Islam Masjid 757 Lea Bridge Road, Walthamstow, E17 9DZ	14:00 - 16:00 Hot food collection & delivery
MULTIPLE DAYS AND POP-UPS	
Kukoolala Cafe Mon - Fri 3 Marsh Lane, Leyton, E10 7BL	09:30 - 10:30 Free meals, no referral needed
Christian Kitchen Every day Mission Grove Car Park E17 7DB	19:30 Free hot food, no referral needed