



## Where to access free or low-cost food in Chichester City

July 2026

Arun and Chichester Food Partnership is unable to confirm capacity at each service, and we advise clients to confirm availability with the service before making a trip.

UKHarvest Community Food Hubs– fortnightly Hubs: include Swanfield, Parklands, Whyke and Graylingwell, Selsey, East Wittering, Midhurst and Oving (visit our website to find out more about monthly Hubs across the county)

UKHarvest hold Community Food Hubs in and around Arun and Chichester. For a suggested donation of £5, you can take home a bag of surplus food, but this is only suggested. There is no referral needed and no means testing to access the Hubs.

Remember to bring a bag.

There are always multi support agencies at the Hubs.

Check out their social pages for regular updates @ukharvest.

See flyer for hub dates, locations, and times: [Community Food Hub Flyer \(A5\)](#)

UKHarvest at the Chichester Farmers' Market – East Street, Chichester

UKHarvest runs a stall at the Farmers Market in Chichester on the first Friday of every month. Their mission is to fight food waste and eliminate hunger, while sharing cooking tips and money-saving advice. You can visit the team to chat about the charity, identify additional support you may need and chat about UKHarvest's free food education programme, NOURISHed.

First Friday of every month, 9am – 2pm

Visit [Chichester Market Awareness Event](#) for more information

Chichester District Foodbank (referral needed)

Chichester District Foodbank provides emergency three-day food parcels to people experiencing financial hardship across the district. Alongside food, the team offers practical support and can help connect people with advice on benefits, debt, housing, employment and wellbeing through local partner organisations.

Food parcels include a range of essential tinned and packet groceries with additional support such as toiletries, feminine hygiene products, nappies, baby food and pet food available where needed. Dietary requirements, including vegan, gluten-free and halal can be catered for.

Food parcels are available by referral only and there is no charge for the service. If

you need emergency food or want to find out how to get a referral, visit: [Get emergency food | Trussell](#)

The food bank also runs free groups and activities throughout the year, including shared meals, cooking on a budget sessions, family activities and wellbeing events. Find out more at: [Chichester District Foodbank, Groups and Events](#)

Food parcel collection:

Chichester: Unit 10, Chichester Trade Centre, Quarry Lane, Chichester, PO19 8ET

Monday: 2pm – 4pm    Wednesday: 9.30am – 11.30am    Friday: 4pm – 6pm

Delivery within Chichester may be available in exceptional circumstances for people who are unwell or have a disability, subject to volunteer availability. Alternatively, someone can collect a parcel on your behalf.

Selsey: Selsey Methodist Church, 50 High Street, Selsey, PO20 0RD. Friday: 10am–12pm

Midhurst and Petworth: Delivery service only.

For more information, please call 01243 773687 or visit:  
[chichesterdistrict.foodbank.org.uk](http://chichesterdistrict.foodbank.org.uk)

Swanfield Community Centre – Swanfield Drive, Chichester, West Sussex PO19 6GH

Swanfield Community Centre hosts a warm hub every Wednesday from 11am to 1pm. The warm hub provides free tea, coffee and biscuits, alongside support and advice.

(Currently this hub is at capacity)

Community Fridge – Graylingwell Chapel – Graylingwell Park, Chichester, PO19 6BZ

A free food shelf and fridge stocked with surplus from the UK Harvest Food Pantry at Graylingwell Chapel every other Friday.

The fridge is open every day 9am – 4pm

Check the Graylingwell Chapel website to see Food Pantry restock dates [What's on | Graylingwell Chapel](#)

Or contact: 01243 537526



hello@arunchifood.org.uk  
07483 172353  
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Stonepillow Chichester Hub – The Old Glassworks, St Cyriacs, Chichester, PO19 1AJ

Stonepillow run a service for people who are rough sleeping or homeless. They provide breakfast, lunch, hot drinks, showers, clothing and laundry facilities as well as advice and information on housing options, benefits, mental health, substance misuse and a needle exchange. You can also register for their hostels or supported accommodation. They provide support that is tailored to their clients' individual needs.

Open Mon to Fri 9am – 4pm and Sat – Sun 9am – 1pm.

Visit the Stonepillow website for more information:

<https://stonepillow.org.uk/homeless-need-help/>

Please call 01243 775925 to book an appointment

The Four Streets Project, St Paul's Church, Churchside, Chichester, PO19 6FT

The Four Streets Project is run by a group of local volunteers, who work together to provide nightly support to the homeless, hungry and vulnerable of Chichester. They operate a takeaway supper club service every night of the week from the back garden area of St Paul's church where they provide food, soup, water, sleeping bags, advice and support.

Open every night of the year 6:30pm–7pm

The Four Streets Project Website link: [The Four Streets Project | Supporting Chichester's Homeless](#)

Chichester HEART for Homeless St Pancras Hall, 101 St Pancras, Chichester, West Sussex, PO19 7LH.

HEART provides a safe place for members of the homeless community where they can chat to someone with no pressure or risk of being judged. Every day of the week, from 8:30am until 10am, HEART serves a hot breakfast at St Pancras Hall, where guests can chat with volunteers and their Outreach Worker over their meal. They also offer free clothing, toiletries, and food items.

Open every day of the week 8:30am to 10am

**Do you need other help?**

If you need a Foodbank Voucher call the Citizens Advice Help Through Hardship helpline free on 0808 208 2138 (Monday to Friday 9am–5pm).

Chichester Citizens Advice, East Pallant House, 1 East Pallant, Chichester, West Sussex, PO19 1TY Mondays, Tuesdays, Wednesdays and Fridays 10am – 1pm. They are open for a drop-in service in the mornings and booked appointment in the afternoons. In person services are only for those who cannot access us by phone or online.

Call the FREE Adviceline telephone number 0808 278 7969 to speak to one of their team (Monday to Friday 10am – 4:30pm)

If you need energy advice, including assistance with paying your bills, you can call the energy line on 01243 974063 (Monday to Friday 10am–4pm, local call rates apply).

If you need help finding out if you're entitled to benefits or claiming Universal Credit, call the Help to Claim team on 0800 144 8 444 (Monday–Friday, 8am–6pm)

