

Helping you to access healthy and affordable food in Cardiff



SCAN ME

Where Can I Access Food?

Food Cardiff

Food Cardiff connects people across the city working with food. Click to find out about food in Cardiff - [Food Cardiff website](#)

Fareshare Cymru

Fareshare Cymru have a map detailing all of the food support available across the city here - [Fareshare Cymru website](#)

Food Related Benefits

The local Public Health Team have worked alongside partners to develop a platform of food support available. Visit the link to see what is available and videos showcasing volunteers and projects - [Food Related Benefits](#)

Where Can I Get Advice?

Cardiff Money Advice Service

To find out what support is near you, visit the link to access a map where you can search for advice hubs, community fridges, community groups, food banks, pantries and other cost of living support - [Cardiff Money Advice website](#)

C3SC

Visit the link to access a free directory of support services including warm spaces, cost of living support and help with wellbeing - [C3SC website](#)

Where Can I Learn About Food?

Public Health Dietetic Team

If you are interested in learning new cooking skills and recipes that are healthy and affordable, visit the link to self-refer to our Get Cooking - [Nutrition Skills for Life website](#)

For nutrition information and resources that will support you and your family to make healthier choices visit the link - [Keeping Me Well website](#)