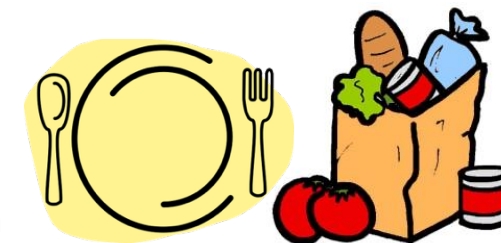


Low Cost and Free Meals Directory

Inner West & Eastern Suburbs

Marrickville, Newtown, Petersham, Ashfield, Surry Hills, Kings Cross, Bondi, Kensington

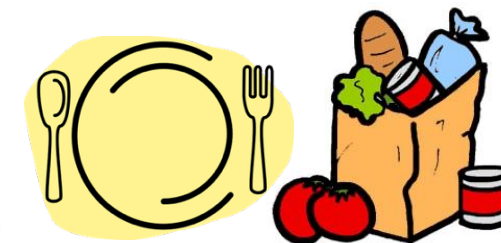


Organisation & Service Type 	Address & Phone Number 	Day / Time Open 	Cost or conditions 	Public Transport Options 
Addison Rd Community Centre Food parcels	142 Addison Rd, Marrickville (02) 9569 7633	Tuesday 2-5pm	Small fee	15-minute walk from Stanmore Station, Bus Route: 428
The Food Pantry Cheap groceries	1/142 Addison Rd, Marrickville (02) 9569 7633	Monday-Friday 12-4pm	Small fee	15-minute walk from Stanmore Station, Bus Route: 428
Asylum Seekers Centre Groceries home delivery	43 Bedford St, Newtown (02) 9078 1900	Monday-Friday 9am-4pm	Asylum-seekers only Free Must call to register	Home delivery
Lentil as Anything Takeaway meals	391 King St, Newtown (02) 8283 5580	Everyday 12-3pm, 5-9pm	Small fee or free	3-minute walk from Newtown Station, Bus routes: 352, 355, 370, 422, 423, 426, 428, 430
Jordan Café Newtown Mission Takeaway meals	280A King St, Newtown (02) 9519 9000	Tuesday, Wednesday & Friday 1-3pm, Thursday 6-8pm	Free	3-minute walk from Newtown Station, Bus Routes: 352, 370, 422, 423, 426, 428, 430
Anglicare 'Mobile Community Pantry' Van – Petersham Cheap groceries	All Saints Church Hub of Hope 325 Stanmore Rd, Petersham (02) 9569 4735	Every 2nd Thursday 1.30-2.30pm	Centrelink card-holders only \$10 bag pantry items	6-minute walk from Petersham Station, Bus Routes: 412, 445, 428

Low Cost and Free Meals Directory

Inner West & Eastern Suburbs

Marrickville, Newtown, Petersham, Ashfield, Surry Hills, Kings Cross, Bondi, Kensington

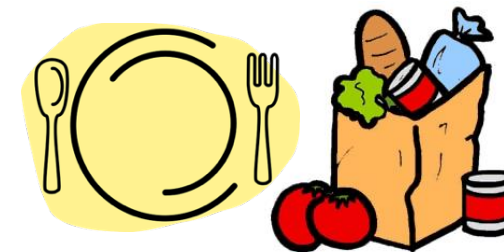


Organisation & Service Type 	Address & Phone Number 	Day / Time Open 	Cost or conditions 	Public Transport Options 
Exodus Foundation Takeaway Lunch & Food parcels	180 Liverpool Rd, Ashfield (02) 8752 4600	Everyday 9-9.45am, 11.30am-12.45pm	Free Must call to register	6-minute walk from Ashfield Station, Bus Routes: 406, 418, 464, 480, 483
The Salvation Army Street Level Café Takeaway Lunch	Behind 339 Crown St, Surry Hills (access from Derby Lane off Albion St) (02) 9360 1321	Monday-Friday 12-2pm	Small fee	15-minute walk from Central Station Bus routes: 304, 338, 339, 352, 374, 376, 391
Wayside Chapel Café Kings Cross Takeaway meals	29 Hughes St, Potts Point (02) 9581 9100	Everyday 7am-4pm	Small fee	6-minute walk from Kings Cross Station, Bus Route: 311
Wayside Chapel Heart Café Bondi Takeaway meals	95 Roscoe St, Bondi Beach (02) 9581 9150	Everyday 7am-4pm	Small fee	Bus Routes: 333, 380
Oz Harvest Market Food hampers	147 Anzac Pde, Kensington 1800 108 006	Tuesday-Friday 10am-2pm	Free	1-minute walk from Kensington Light Rail Stop, Bus Routes: 302, 303, 348, 370, 391, 392, 393, 394, 395, 396, 397, 399, M10

Low Cost and Free Meals Directory

Western Sydney

Auburn – Granville – Silverwater – Parramatta – Westmead – Mt Drutt – Penrith

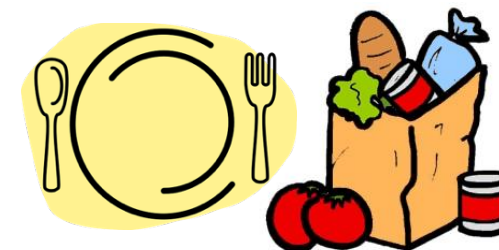


Organisation & Service Type 	Address & Phone Number 	Day / Time Open 	Cost or conditions 	Public Transport Options 
Jesuit Refugee Service (JRS) Westmead Food hampers	Home delivery (02) 9098 9336	Tuesday-Thursday 9.30am-3pm	Asylum-seekers only Free Must call to register	Home delivery
St Vincent de Paul Mobile 'Vinnies Van' Parramatta Snack & warm beverage	Prince Alfred Square, Corner of Marist Place & Victoria Rd, Parramatta (02) 8861 9700	Nightly 9.45-10.30pm	Free	12-minute walk from Parramatta Station, Bus routes: 546, 804, 806, 900, M91
Parramatta Mission Takeaway Lunch	119 Macquarie St, Parramatta 0400 415 984	Monday-Friday 10.30am-1pm	Free	3-minute walk from Parramatta Station and Bus Interchange
Parramatta Community Care Cheap groceries	18 Barney St, North Parramatta 0411 656 418	Thursday 6-8pm	Centrelink card- holders only Small fee	Bus routes: 600, 601, 603, 604, 606, 609, 706
Harris Park Community Centre Food parcels	11 Albion St, Harris Park (02) 9635 0157	Monday-Friday 9am-4pm	Free Call in advance	5-minute walk from Harris Park Station, Bus route: 906
House of Welcome Granville Food hampers	197 The Trongate, Granville (02) 9727 9290	Monday-Friday 10am-3pm	Asylum-seekers only Free Must call to register	20-minute walk from Clyde Station, Bus route: 908

Low Cost and Free Meals Directory

Western Sydney

Auburn – Granville – Silverwater – Parramatta – Westmead – Mt DrUITT – Penrith

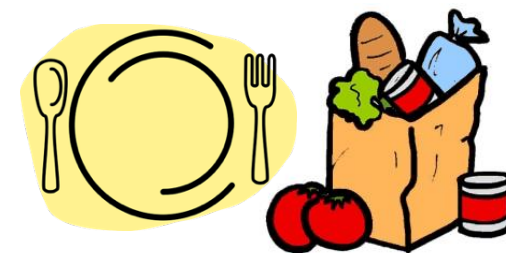


Organisation & Service Type 	Address & Phone Number 	Day / Time Open 	Cost or conditions 	Public Transport Options 
Anglicare 'Mobile Community Pantry' Van – Auburn Cheap groceries	Auburn Anglican Church 48 Hall St, Auburn (02) 9649 7228	Friday once per month 10-11.30am	Centrelink card-holders only \$10 bag pantry items	5-minute walk from Auburn Station, Bus routes: 540, 544
C3 Cares Food hampers	C3 Church, 108 Silverwater Rd, Silverwater (02) 9748 5700	Monday-Thursday 9am-1pm	Free	Bus routes: 540, 544
'Vinnies Van' Mount DrUITT Snack & warm beverage	Cul-de-Sac of Kelly Close, next to Pascoe Walk, Mount DrUITT (02) 8861 9700	Nightly 8.30-9.15pm	Free	10-minute walk from Mt DrUITT Station & Bus Stops Routes: 750, 754, 759, 761
Salvation Army Penrith Freedom Centre Takeaway meals	2/54 Henry St, Penrith (02) 4721 3076	Monday-Friday 9am-4.30pm	Free	12-minute walk from Penrith Station, Bus Routes: 678, 780, 782, 785, 786
Anglicare Penrith Food parcels and vouchers	114 Henry St, Penrith (02) 8624 8600	Mon, Tues, Thurs 9am-3pm, Wed 12.30-7pm	Call in advance Free	5-minute walk from Penrith Station, Bus Routes: 677, 678, 775, 776, 780, 782, 785, 786, 789
Christ Mission Possible Food Hampers	3/30 Copeland St, Kingswood 1300 435 728	Monday-Friday 9am-2pm	Free	
Nepean Food Services Meals Home delivery	8 Jeanette St, Regentville (02) 4733 7200	Monday-Friday 8.30am-3pm	Small cost >65 or have disability	Home delivery

Low Cost and Free Meals Directory

South-West Sydney

Canterbury – Bankstown – Fairfield – Cabramatta – Liverpool – Campbelltown – Bargo

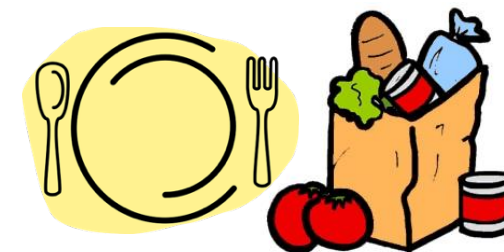







Organisation & Service Type 	Address & Phone Number 	Day / Time Open 	Cost or conditions 	Public Transport Options 
Anglicare 'Mobile Community Pantry' Van – Canterbury Cheap groceries	Saint Paul's Church 33 Church Street Canterbury (02) 9789 5991	Every 2 nd Friday 9-10.30am	Centrelink card-holders only \$10 bag pantry items	8-minute walk from Canterbury Station Bus Routes: 428, 445
Metro Assist Campsie Food parcels	Level 2/59-93 Evaline Street, Campsie 9789 3744	Tuesday and Thursday	Free Need to call to register	8-minute walk from Campsie Station
The Staples Bag Cheap groceries	449 Canterbury Road, Campsie (02) 97876832	Monday-Friday 9.30am-4.30pm Saturday 9am-2pm	\$20 big bag	12-minute walk from Campsie Station Bus Routes: 410, 412, 415, 420, 445, 473, 492
Meals on Wheels Canterbury Meals Home delivery	2/2 Carrington Square, Campsie (02) 9718 3093	Monday-Friday 10.30am-2pm	Small cost Referral required, >65 or have disability	Home delivery
Mamma Penny Mobile Food Pantry Food hampers	Youth and Resource Centre, 40 Redman Parade, Belmore 0423 207 530	Friday, Saturday, Sunday 9.30-10.30am	\$5 or gold coin	1-minute walk from Belmore Station Bus routes: 415, 942

Low Cost and Free Meals Directory

South-West Sydney

Canterbury – Bankstown – Fairfield – Cabramatta – Liverpool – Campbelltown – Bargo

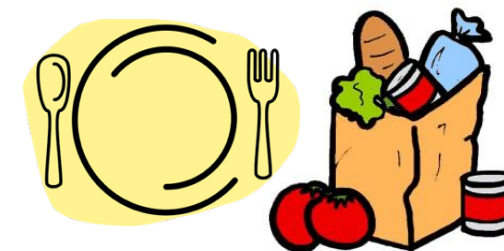


Organisation & Service Type 	Address & Phone Number 	Day / Time Open 	Cost or conditions 	Public Transport Options 
St Vincent De Paul Food parcels and vouchers	2A East Terrace, Bankstown (02) 9796 1176	Call to arrange	Free Need to call to be assessed & register	6-minute walk from Bankstown Station and Bus Interchange
Mountaha's Helping Hand Food parcels	2/15-17 Gartmore Avenue, Bankstown 0405 610 693	Call to arrange	Free Call in advance as demand is high	20-minute walk from Bankstown Station Bus routes: 940, 945
Bankstown Meals on Wheels Meals home delivery	Senior Citizen Centre, 202 Waterloo Road, Greenacre (02) 9707 9646	Deliveries 11.30am-1.30pm Monday-Friday	\$7/meal Referral required, >65 or have disability	Home delivery
Riverwood Community Centre Takeaway Dinner	151 North Belmore Road, Riverwood 9533 0100	Monday 4-6pm	Free	9-minute walk from Riverwood Station Bus routes: 945, M91

Low Cost and Free Meals Directory

South-West Sydney

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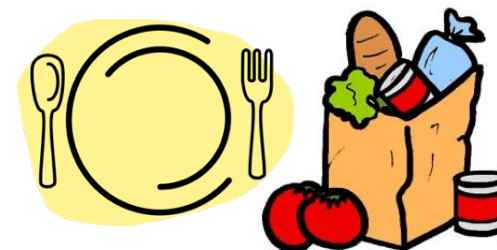


Organisation & Service Type 	Address & Phone Number 	Day / Time Open 	Cost or conditions 	Public Transport Options 
Villawood Senior Citizens Centre Takeaway lunch	29 Villawood Road, Villawood (02) 9726 3616	Monday, Tuesday, Wednesday 12-1pm	\$5 or free	5-minute walk from Villawood Station
Fairfield Food Services Meals home delivery	11 Kenyon St, Fairfield (02) 97286939	Monday-Friday 7.30am-3pm	Referral required, >65 or have disability Small cost	Home delivery
Salvation Army Community Welfare Centre Takeaway Breakfast & Lunch	473 Hamilton Street, Fairfield West (02) 9481 3212	Monday, Wednesday, Friday 10am-2pm	Free	Bus route: 804
CORE Community Services Food vouchers	Cabramatta Office closed temporarily (02) 8707 0600	Monday-Friday 9am-5pm	Need to call to be assessed & register Free	Vouchers sent electronically via email or text
Anglicare 'Mobile Community Pantry' Van – Cabramatta Cheap groceries	Cabramatta Anglican Church 40-42 Cumberland Street 0498 000 778 or 0422 771 477	Every 2 nd Wednesday 7.30-8.30pm	Centrelink card-holders only \$10 bag pantry items	5-minute walk from Cabramatta Station
Bill Crews Mobile Community Kitchen Takeaway Lunch	Hark Park Warwick Farm (02) 8752 4600	Friday to Monday 11.30am-12.30pm	Free	4-minute walk from Warwick Park Station

Low Cost and Free Meals Directory

South-West Sydney

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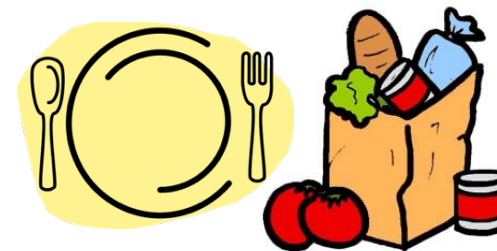


Organisation & Service Type 	Address & Phone Number 	Day / Time Open 	Cost or conditions 	Public Transport Options 
Salvation Army Café Embrace Takeaway Breakfast	51-55 Memorial Avenue, Liverpool (02) 9601 2813	Monday, Wednesday, Friday 10-11am	Free	8-minute walk from Liverpool Station & Bus Interchange
Liverpool Community Kitchen & Hub - Mobile Food Van Takeaway Breakfast	The Uniting Church 28 Pirie St, Liverpool (02) 9734 4710	Monday-Friday 9.30-10.30am	Free	5-minute walk from Liverpool Station & Bus Interchange
'Vinnies Van' Liverpool Snack & warm beverage	Pioneers Memorial Park, Macquarie St, Liverpool (02) 8861 9700	Tuesday-Saturday 8.30-9pm	Free	5-minute walk from Liverpool Station Near Bus Routes: 823, 901, 902, 903, 904, M90
St Vincent de Paul Groceries home delivery	Liverpool Office closed temporarily (02) 8861 9700	Call to arrange	Need to call to be assessed & register Free	Home delivery
Meals on Wheels Liverpool Meals home delivery	92 Memorial Avenue, Liverpool 9601 3728	Monday-Friday Delivery times vary	Referral required, >65 or have disability Small cost	Home delivery
iCare Community Services Liverpool Food hamper	6 Speed Street, Liverpool 9119 8727	Tuesday, Thursday 12.30-1.30pm	NDIS only, need to call to register Free	5-minute walk from Liverpool Station & Bus Interchange

Low Cost and Free Meals Directory

South-West Sydney

Canterbury – Bankstown – Fairfield – Cabramatta – Liverpool – Campbelltown – Bargo

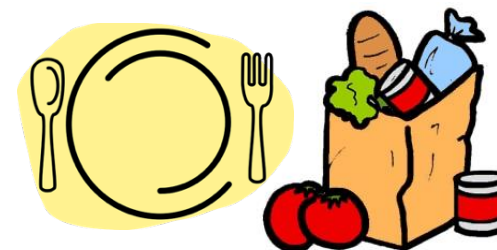




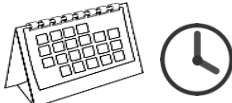


Organisation & Service Type 	Address & Phone Number 	Day / Time Open 	Cost or conditions 	Public Transport Options 
Anglicare ‘Mobile Community Pantry’ Van – St Johns Park Cheap groceries	St Johns Park Anglican Church, 73 Edensor Road, St Johns Park 0400 774 238	Every 2 nd Monday 1.30-2.30pm	Centrelink card-holders only \$10 bag pantry items	Bus routes: 802, 805
Heckenburg Community Connect Food parcels	Oliveri Hall, 1 Tantangara Street, Heckenberg (02) 9607 0077	Tuesday-Friday 9.30am-3pm	High demand - Existing clients only	Near bus routes: 805, 827
‘Vinnies Van’ Sadlier Snack & warm beverage	Edwin Wheeler Reserve, Corner of Maxwells Ave & Cartwright Ave, Sadier (02) 8861 9700	Tuesday-Saturday 9.15-9.45pm	Free	Bus routes: 802, 803
CORE Community Services Miller Takeaway frozen meals	16 Woodward Crescent, Miller (02) 8717 1531	Monday, Wednesday, Friday, 11:30am-12:30pm	Free	Bus routes: 802, 803, 804
St Vincent de Paul Food hampers and vouchers	248 Humphries Rd, Mount Prichard (02) 9823 1222	Call to arrange	Need to call to be assessed & register Free	Bus routes: 801, 807, 808, 816
3 Pillars Relief Agency Food hampers	Unit 5/1 Moorlands Road, Ingleburn (02) 8119 5126	Hours vary, call or check Facebook	\$30 large hamper	18-minute walk from Ingleburn Station

Low Cost and Free Meals Directory

South-West Sydney

Canterbury – Bankstown – Fairfield – Cabramatta – Liverpool – Campbelltown – Bargo



Organisation & Service Type 	Address & Phone Number 	Day / Time Open 	Cost or conditions 	Public Transport Options 
Anglicare Campbelltown Food parcels	Shop 1 & 2/31-35 Chamberlain Street, Campbelltown (02) 4621 6666	Call to arrange	Need to call to be assessed & register Free	15-minute walk from Campbelltown Station Bus routes: 870, 872
Nagle Centre Family Care and Support Service Food vouchers	22 Lolanthe Street, Campbelltown (02) 4628 2928	Call to arrange	Area residents only Free	9-minute walk from Campbelltown Station Bus routes: 870, 871, 872, 877, 880
South West Multicultural & Community Centre Food hampers	4 Surrey Street, Minto (02) 9603 2500	Tuesday 3.30-5pm	\$10 Call in advance as demand is high	4-minute walk from Minto Station Bus routes: 873, 874, 875
Tallowood Community Centre Takeaway meals	2 Littimer Way, Ambarvale 02 4625 7333	Every 2 nd Tuesday 12.30-1.30pm	Free	Bus routes: 887, 888
Ambarvale/Rosemeadow Community Fruit and veggie box	6 Macbeth Way, Rosemeadow 0472 912 558	Thursday 11.30am	\$2	Bus Routes: 887, 888
Whole Heart Communities Food hampers, delivery or collection	223 Great Southern Road, Bargo 0402 406 492	Hours vary, phone or order online	\$20-50	1-minute walk from Bargo Station Bus routes 900, 911, 912 Home delivery available