

Food Donation

Our region will become healthier and more sustainable and many people will benefit as less good food is wasted.

We encourage food businesses to donate surplus food rather than send it to landfill. Many of the services listed in this directory accept donations of food and resources. Check the listings, and get in touch. You just might find that your excess food could really help someone in need!

OzHarvest

will collect quality perishable food from commercial outlets and deliver it free of charge to charities assisting vulnerable people.

www.ozharvest.org.au

Call 1800 108 006 for more information.

SecondBite

rescues and redistributes surplus fresh food, and provides food skills and nutrition advocacy. If you run a community food program, you can enquire about food donations and nutrition programs.

www.secondbite.org

Call 1800 263 283

Welcome

The Low Cost and Free Meals Directory aims to link people in need with healthy food to help stop good food going to waste and to encourage donors to connect with service providers



Health
Illawarra Shoalhaven
Local Health District

Illawarra Shoalhaven Local Health District

Health Promotion Service
4221 6728

HealthPromotion.ISLHD@sesiahs.health.nsw.gov.au



KIAMA
MUNICIPAL
COUNCIL

Kiama Municipal Council

11 Manning Street, Kiama NSW 2533
4232 0444

www.kiama.nsw.gov.au



Shellharbour
CITY COUNCIL

Shellharbour City Council

Lamerton House, Lamerton Crescent,
Shellharbour City Centre
4221 6111

www.shellharbour.nsw.gov.au



wollongong
city of innovation

Wollongong City Council

41 Burelli St, Wollongong
4227 7111

www.wollongong.nsw.gov.au

Wollongong City Council is proud of the work that has been done by many in the preparation of this directory, but is unable to warrant it is complete or accurate or to accept any liability for loss, damage or inconvenience arising from its use.

WO 1488982 GM 6/18



Low cost and free meals Directory

ILLAWARRA

Revised June 2018

Low Cost Meals and Breakfast Programs

Finding a low cost, healthy meal can be hard. Some services teach skills to cook on a budget. Some local clubs and hotels often offer lunch and dinner specials, with kids eating for free. Look out for excellent cafes and restaurants with 'pay it forward' schemes, where customers pay a little extra which is matched by the owners so that others can benefit from a free coffee or monthly community meal.

Over 30 local schools, neighbourhood and community centres offer free breakfast programs for school kids. Call your local public school to find the breakfast program nearest you.

Key Services

Centrelink

132 850

Exceptional Circumstances Relief Help.

Lifeline

13 11 14

Crisis support. Suicide prevention.

Transport Infoline

131 500

www.transportnsw.info

Wollongong Homeless Hub

4244 4144

Frontline service for families, couples, young people and individuals.

Meals on Wheels

Northern Illawarra 4285 6126

Wollongong 4226 5869

Port Kembla 4274 8230

Kiama 4232 3735

Healthy Eating & Budget Cooking

Stir it up! is a project which supports people to learn to cook and demonstrate healthy eating and good food in their local community.

Contact 4221 6777 or 4283 8111

For Good Health remember to: choose water as a drink, eat more fruit and vegetables, and get active every day. **Illawarra Shoalhaven Local Health District's Health Promotion team** offer a range of healthy eating and active living programs.

Contact 4221 6728

Look for the **LCS** and **FP** symbols inside to find low cost shopping and food parcels.

Getting involved in **local community gardens** and attending **free Council workshops** are great ways to learn about growing, cooking and storing your own food. **Farmers markets** selling fresh seasonal produce operate in Bulli, Wollongong and Kiama.

Contact your local Council for details.
























































Weekly Free Meals Calendar

	Time	Meal	Provider	Location
Monday	8am - 9:30am	Breakfast	Careways Community	DAPTO
	9am - 10:30am	Youth breakfast	CHAIN	WOLLONGONG
	9am - 1pm	Breakfast, lunch	Darcy House	PORT KEMBLA
	11am - 12:45pm	Community lunch	Wesley Community Care	WOLLONGONG
	5:30 - 6pm	Evening meal	Vinnie's Van	WARRAWONG
	7pm - 8pm	Evening meal	Vinnie's Van	WOLLONGONG
Tuesday	9am - 10:30am	Youth breakfast	CHAIN	WOLLONGONG
	11am - 12:45pm	Morning tea, lunch	Wesley Community Care	WOLLONGONG
	9am - 1pm	Breakfast, lunch	Darcy House	PORT KEMBLA
	11:30am - 12:30pm	Community lunch	Warrawong Community Kitchen	WARRAWONG
	4:30pm - 7pm	Youth dinner	Youth Off The Streets	BERKELEY
	5:30pm - 7:30pm	Dinner	Gateway City Church	MANGERTON
Wednesday	9am - 10:30am	Youth breakfast	CHAIN	WOLLONGONG
	9am - 1pm	Breakfast, lunch	Darcy House	PORT KEMBLA
	11am - 12:45pm	Morning tea, lunch	Wesley Community Care	WOLLONGONG
	11:30am	Community lunch	Bellambi Neighbourhood Centre	BELLAMBI
	11:30am - 12:30pm	Community lunch	Warrawong Community Kitchen	WARRAWONG
	5:30pm - 6pm	Evening meal	Vinnie's Van	UNANDERRA
	7pm - 8pm	Evening meal	Vinnie's Van	WOLLONGONG
	5:30pm - 7pm	Evening meal	Manna Van	UNANDERRA
Thursday	8am - 9:30am	Breakfast	Careways Community	DAPTO
	9am - 10:30am	Youth breakfast	CHAIN	WOLLONGONG
	9am - 1pm	Breakfast, lunch	Darcy House	PORT KEMBLA
	11am - 1pm	Morning tea, lunch	Wesley Community Care	WOLLONGONG
	11:30am - 12:30pm	Community lunch	Warrawong Community Kitchen	WARRAWONG
	4pm - 7pm	Youth dinner	Youth Off The Streets	BELLAMBI
	5pm - 7pm	Community dinner	Manna House	FIGTREE
Friday	9am - 10:30am	Youth breakfast	CHAIN	WOLLONGONG
	10am	Morning tea	Anglicare Coffee Shop	WOLLONGONG
	9am - 1pm	Breakfast, lunch	Darcy House	PORT KEMBLA
	11am - 12:45pm	Morning tea, lunch	Wesley Community Care	WOLLONGONG
	12:30pm	Monthly lunch	Neighbourhood Centre	THIRROUL
	4pm - 7pm	Youth dinner	Youth Off The Streets	WARRAWONG
	5:30pm - 6:30pm	Evening meal	Vinnie's Van	BELLAMBI
	5:30pm - 6:30pm	Community dinner	Shellharbour City Baptist Church	WARILLA
7pm - 8pm	Community dinner	City Life Community Initiatives	PORT KEMBLA	

Want to be listed in the Low Cost and Free Meals Directory?
Please contact Wollongong City Council, details over page.

-  Low Cost and Community Shopping
-  Emergency Relief
-  Free Meals
-  Mobile Service (Vans)
-  Accepts Donations
-  Food Rescue and Redistribution
-  Food Parcels

Service Provider Details

Anglicare	152 Keira St, Wollongong 4229 7911	Morning tea, emergency food relief 11.30am - 12.30pm	
Bellambi Neighbourhood Centre	Corner of Cawley St and Rothery Rd, Bellambi 4285 3715	Community shop 9:30am - 12:30pm, (Mon - Fri)	  
Careways Community	Dapto Ribbonwood Centre, 93 - 109 Princes Hwy, Dapto 4262 1918	Breakfast	
Citylife Community Initiatives	Port Kembla Community Centre, Cnr Church and Wentworth St, Port Kembla 4284 4414	Community dinner	
Corrimal Region Uniting Church	Uniting Church Hall Russell St, Corrimal 4284 4154	Light lunch, Enz Meet Cafe 11am - 1pm (Wed)	
CHAIN	1a Denison St, Wollongong 4226 5816	Breakfast Ages 12-24 (youth)	
Darcy House	Lot 1 Old Port Rd, Port Kembla 4276 3900	Breakfast, lunch	  
Gateway City Church	Myuna Way, Mangerton 4226 4466	Evening meal, partnership with New Day Church (Tues)	 
Hope Centre Illawarra Food Hub	3/243 unit 3 Shellharbour Rd, Warrawong 4274 3837 (10am - 3pm)	Low cost food shopping, redistribution of food from major donors	   
Inspire Wollongong Community Food Care	35 Kurrawa Cres, Koonawarra	Low cost food shopping available to residents of 2530 postcode	  
Lighthouse	1 Railway Square, Wollongong 4229 9744	Community dinner, community kitchen	
Manna House	FManna house: Figtree Anglican Church, 4-10 Gibsons Rd, Figtree. Manna Van at Unanderra Community Centre Princes Hwy Unanderra 4272 1322	Hot evening meals served in the church dining hall, or from the Manna Van	  
Mobile Community Pantry	St Marks West Wollongong 4pm - 5pm (every 2nd Mon) Anglicare Church 10:30am - 11:30am (every 2nd Mon) Second Chance Op Shop Berkeley 1:30pm - 2:30pm (every 2nd Tues) Figtree Anglican Church 5pm - 6pm (every 2nd Thurs) 4229 7911	Low cost groceries for community members with a Pension, Health Care or Immigration Card	 
Need A Feed	Works in partnership with community organisations to redistribute donated food. food@needafeed.org	Food collection, redistribution, emergency food relief	   
Port Kembla Community Project	Corner Church and Wentworth St, Port Kembla 4276 3433	Food Buyers Group	
Salvation Army	11-13 Burelli St, Wollongong 1300 371 288	Food Parcels	  
Shellharbour City Baptist Church	Cnr of William and Antrim Ave, Warilla 4296 8091	Community meal, emergency relief, by appointment	  
Shellharbour City Community Church	500 Shellharbour Rd, Shellharbour 4297 3549	Food Care low cost groceries Thurs 10am - 1pm Fri 10am - 12pm	  
St Marks Wollongong Church	429 Crown St, Wollongong	Community dinner	
St Vincent de Paul	41 Central Ave, Oak Flats 4256 6266	By appointment	 
Thirroul Neighbourhood Centre	Thirroul District Community Centre 352/356 Lawrence Hargrave Dr, Thirroul 4267 2500	Community lunch 12:30pm first Fri of the month. Food Campaign 2515 food drive.	   
Vinnies Van	Warrawong Community Centre, 9 Green St, Warrawong (Mon & Wed) Wollongong Train Station (Mon & Wed) Bellambi Neighbourhood Centre. 49a Cawley St. Bellambi (Fri) 4228 8140 / 0476 532 002	Meals and a cuppa served from the van	   
Warrawong Community Kitchen	Warrawong Community Centre 9 Green St, Warrawong 4275 1875		 
Wesley Community Care	Behind the Church on the Mall, 116 Crown St, Wollongong 4229 3117	Morning tea, community lunch	 
Youth Off The Streets	Berkeley Outreach: Holburn Park (Tue) Bundaleer Estate (Fri) Bellambi Outreach, Bellambi Bellambi Rock Pools (Thurs) 9330 3545 0418 271 580		