

# Low cost and free meal Directory

## Coronavirus response version

Update 14 September 2020

### Emergency Food Relief during the Coronavirus (COVID-19) pandemic

For any community members that are in self-isolation running short on food and unable to have any dropped-off by family or friends are eligible for an "Emergency Relief Package", which contains a two-weeks supply of essential food items and is supplied by the Office of Emergency Management in collaboration with Foodbank.

If you, or someone you know is in need, please call us on [13 77 88](tel:137788).

### Local Service Providers

<b>Albion Park Youth &amp; Community Care Inc.</b>	Albion Park Community Centre, Russell St, Albion Park	Small emergency pantry and food parcels available every Wednesday, phone 4257 3342.	Mon-Fri 9am - 4pm Afternoons are preferred	<b>ER</b> <b>FP</b>
<b>Albion Park Rail Community Centre</b>	Cnr Ash Ave & Tongarra Rd, Albion Park Rail	Weekly food parcels	Mon-Thu	<b>FP</b>
<b>Anglicare</b>	152 Keira St, Wollongong	Emergency food relief by appointment only	Call 8624 8600 for appointment	<b>ER</b>
<b>BaptistCare Warilla North Community Centre</b>	2-6 Hill St, Warilla	Food hampers and \$2 toasties	Hampers - Fridays (or call 4298 7200 for other availability) Toasties from 11.30am Tuesdays	<b>FP</b>
<b>Bellambi Neighbourhood Centre</b>	Corner of Cawley St and Rothery Rd, Bellambi	Frozen take away meals.	Mon-Fri 9am - 2pm	<b>LCS</b>
<b>CareWays Community</b>	Dapto Ribbonwood Centre, 93 - 109 Princes Hwy, Dapto	Frozen takeaway meals	Thursdays 11am-12pm	<b>D</b>
<b>CHAIN</b>	1A Denison St, Wollongong	Breakfast and provision of food vouchers for youth (ages 12-24)	Mon 9am - 12pm Tue - Fri 9am - 4:30pm	<b>FM</b> <b>ER</b>
<b>Food for Life Community Care</b>	Kiama Baptist Church (Carpark) 1/3 Brown Street, Kiama New Day Church (Carpark) 25 O'Briens Road, Figtree	<a href="#">Pre order</a> , \$50 food parcels valued at \$170 (incl. meats, dairy, pantry staples, frozen, fruit and vegetables)	Tue 10am - 11am Tue 5pm - 6pm	<b>FP</b>
<b>Food Pantry Helensburgh</b>	3-23 Cemetery Rd, Helensburgh	Low cost community shop by appointment only	Fri 10am - 4pm (call 0407 249 807 for appointment)	<b>LCS</b>
<b>Hope Community Kitchen</b>	Port Kembla Senior Citizens Centre, Allan St, Port Kembla	Take away dinner	Fri 6pm	<b>FM</b>
<b>HopeStreet Community Service (Darcy House)</b>	27 - 29 Wentworth Street, Port Kembla	Breakfast and community lunch	Mon-Fri 9:15am - 11pm Breakfast, 11am - 2pm lunch	<b>FM</b>
<b>Kind Hearts Illawarra</b>	MacCabe Park, Wollongong	Take away dinner and food hampers	Thu 5:30pm - 7pm	<b>FM</b>

**D**

Accepts Donations

**FM**

Free Meal

**ER**

Emergency Relief

**LCS**

Low cost community shop

**FP**

Food Parcels

**MS**

Mobile Service

<b>Lighthouse Community Kitchen</b>	1 Railway Square, Wollongong	Take away dinner	Thu 5:30pm – 6:30pm	<b>FM</b>
<b>Mobile Community Pantry</b>	Anglican Church Corrimal	Low cost community grocery	2 <sup>nd</sup> Mon 10.30am - 11.30am	<b>LCS</b>
	Anglican Church Oaks Flat	\$10 grocery bag (valued at \$60, mainly non-perishables)	2 <sup>nd</sup> Thu 10.30am - 11.30am	<b>MS</b>
	Shellharbour Anglican Church	Call 86248600 for assessment	2 <sup>nd</sup> Fri 1:30pm - 2:30pm	
	St Marks West Wollongong	Friends and Food' - Take away dinner & food parcels	2 <sup>nd</sup> Mon 2:30pm - 5pm	<b>FM</b>
	2nd chance Op Shop Berkeley		2 <sup>nd</sup> Tue 1.30pm - 2.30pm	
<b>Need a Feed</b>	Northern Illawarra Uniting Church, Point St, Bulli	Take-away dinner and delivery service (2 courses for \$4 per person or \$12 per family) In addition, works in partnership with community org. to provide emergency relief	Fri 5pm - 6pm Use <a href="#">referral form</a> For emergency relief	<b>ER</b> <b>FM</b> <b>D</b>
<b>Quotes Café</b>	91 Crown St, Wollongong	Small business offering community assistance with free sandwiches, muffins, coffee and drinks to anyone in need.	Mon to Fri 8am - 2pm	<b>FM</b>
<b>Salvation Army</b>	11-13 Burelli St, Wollongong	Food parcels	Mon, Wed and Fri 10am -1pm	<b>FP</b>
<b>Shellharbour City Community Church</b>	500 Shellharbour Rd, Shellharbour	Low cost community grocery, free fruit, veg and bread	Thu 10am – 2:30pm	<b>LCS</b>
<b>St Vincent de Paul</b>	41 Central Ave, Oak Flats	Emergency food relief no appointment required	Mon-Fri 9am - 4pm	<b>ER</b>
<b>St Vincent de Paul Coniston drop in hub</b>	12-16 Miller St, Coniston	Take away lunch or meal packs and food parcels	Mon – Fri 9am – 2pm	<b>FM</b> <b>FP</b>
<b>Vinnies Van</b>	Warrawong Community Centre	Takeaway dinner and a cuppa	Mon & Wed 5:30pm - 5:45pm	<b>FM</b> <b>MS</b> <b>D</b>
	Wollongong Train Station (west side)	Takeaway dinner and a cuppa	Mon & Wed 6:30pm - 6:45pm	<b>ER</b>
	Bellambi Neighbourhood Centre	Takeaway dinner and a cuppa	Fri 5:30pm – 5:45pm	
	Albion Park Rail Community Centre	Takeaway dinner and other food items	Thu 5:30pm – 5:45pm	
<b>Warrawong Community Kitchen</b>	Warrawong Community Centre, 9 Green St, Warrawong	Takeaway lunch	Tue - Thu 11:30am – 12:30pm	<b>FM</b> <b>ER</b>
<b>Wesley Community Care</b>	Behind the Church on the Mall, 116 Crown St, Wollongong	Takeaway morning tea & lunch. Limited food packs (incl. frozen) on referral	Mon - Thu 11.30am - 1.30pm, Fri 11.30am - 1pm, Orange Sky Laundry – Thu 11am – 1 pm	<b>FM</b> <b>ER</b>
<b>Wollongong Homeless Hub</b>	75-79 Kiera Street Wollongong	Breakfast and provision of food packs (incl. frozen) on referral	Mon-Fri 9am - 4pm	<b>FM</b> <b>ER</b>

**D**  
**FM**

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Free Meal

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Emergency Relief  
Low cost community shop

**FP**  
**MS**

Food Parcels  
Mobile Service