



TOGETHER  
TOWARDS A FAIR  
FOOD SYSTEM

# Low cost and free meals Directory

2023

V2- 23/03/2023

Hosted and governed  
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Provider	Type of Service	When	Address
Anglicare	Emergency food relief by appointment	Call 8624 8600 for an appointment	152 Keira St, Wollongong
Anglicare Mobile Community Pantry	Low cost community grocery, \$12 grocery bag (valued at \$60, mainly non-perishables). Community pantry at Op Shops.  Call 86248600 for an appointment	2nd Mon: 10.30am - 11.30am	Anglican Church Corrimal
		2nd Thu: 10am - 11.30am	Anglican Church Oaks Flat
		2nd Fri: 1:30pm - 2:30pm	Shellharbour Anglican Church
		2nd Tue: 1.30pm - 2.30pm	2nd chance Op Shop Berkeley
Assist Shellharbour (City Baptist Church)	Food hampers available for pickup	Mon & Fri: 11am - 2pm	10A Commerce Dr, Lake Illawarra (by library)
	Community Dinner	Mon: 4:30pm	
Bellambi Neighbourhood Centre	Emergency food relief by appointment	Call 4285 3715 on Thu - Fri: 9am - 3pm	Corner of Cawley St and Rothery Rd, Bellambi
Bulli Community Centre	Community Pantry	Pantry Thu: 9:30am -11.30am (fortnightly).	328 Princes Hwy, Bulli
Careways Community	Community breakfast & free food packages	Mon and Thu: 8am - 9:30am	Dapto Ribbonwood Centre, 93 - 109 Princes Hwy, Dapto
	Community breakfast	Tue and Wed: 8am - 9:30am	Koonawarra Community Centre 36 Fowlers Rd, Koonawarra
CHAIN	Breakfast (Mon - Fri) and food vouchers (Tue & Thurs) targeting youth	Mon: 9am - 12:30pm Tue - Fri: 9am - 4:30pm	1A Denison St, Wollongong
Corrimal Uniting Church	Free morning tea & lunch provided Enz Meet Cafe	Wed: 11am -1pm	4 Russell St, Corrimal NSW 2518
Food Care (Shellharbour City Community Church)	Free morning tea & low cost groceries (Fruit & Veg, bread & other items)	Thu: 10am - 1pm. Fri: 10am-12pm.	500 Shellharbour Rd, Shellharbour
		Tue: 5pm - 6:30pm, Wed: 1pm - 2pm, Fri: 10pm - 2pm	6 Sylvester Ave, Unanderra
Food for Life Community Care	Low cost community hampers Normal size hampers at \$60 & jumbo hampers at \$95 (incl GF or Vegan options). Order online via: <a href="https://www.foodforlife.cc/">https://www.foodforlife.cc/</a>	Wed: 6:40pm - 7:15pm	Kiama Baptist Church (Carpark) 1/3 Brown Street, Kiama.
		Wed: 5pm - 6pm	Cnr College Ave & Benson Ave, Stockland Shellharbour
		Thu: 10am - 11am	Guest Park carpark, Balgownie Road (entrance)
		Thu: 3:30pm - 4:30pm	8 Schofields Lane, Berry
		Thu: 5pm - 6pm	Nowra School of Arts (carpark), Berry Street, Nowra
Hope Community Kitchen	Community dinner	Fri: 6 - 7pm	Port Kembla Senior Citizens Centre, Allan St, Port Kembla
Hope Food Pantry Helensburgh	Low cost community shop by appointment	Book appointment: <a href="https://hopechurch2508.org.au/community-pantry/">https://hopechurch2508.org.au/community-pantry/</a>	3-23 Cemetery Rd, Helensburgh
HopeStreet Community Centre Port Kembla	Community breakfast and lunch	Mon-Fri: 9:15am - 11am Breakfast, 11am – 2:30pm lunch.	27-29 Wentworth Street Port Kembla NSW 2505
HopeStreet Warilla North Community Centre	Community lunch - Tuesday Toasties	Tue: 11:30am - 12:30pm	2-6 Hill St, Warilla
Kind Hearts Illawarra	Community dinner and food hampers	Tue & Thu: 5:30 - 6:30pm	Burelli St side of MacCabe Park, Wollongong
Lighthouse Community Kitchen	Community dinner and dessert	Tue & Thu: 5:30pm	1 Railway Square, Wollongong



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<b>Manna House</b>	Hot evening meals	Thu: 5 - 7pm during school terms.	Manna House, Figtree Anglican Church, 4-10 Gibsons Rd, Figtree
<b>Need A Feed</b>	Connection, coffee & a chat (\$1 coffee)	Wed & Thu: 9am -11am	Globe Lane, Wollongong
	Community lunch (2 courses for \$5 per person or \$15 per family)	Thu: 11am - 1pm	Community Space, Northern Illawarra Uniting Church, Point St, Bulli
	In addition, works in partnership with community org. to provide emergency relief or wholesale food parcel providers.	Use referral form: <a href="https://www.needafeed.org/get-involved/">https://www.needafeed.org/get-involved/</a>	
<b>Pulse Pantry (UOW Students only)</b>	Free pantry staple ingredients for enrolled UOW Students.	Wed: 11am – 1pm (outside session 11am - 12pm)	Building 11, Level 1A, University of Wollongong
<b>St Marks Anglican Church</b>	Food & Friends afternoon tea, community dinner and emergency food hampers	Mon: 3pm - 5pm	429 Crown St, Wollongong
<b>St Vincent de Paul</b>	Emergency food vouchers by appointment for Oaks Flat, and Albion Park (Rail) residents	Call 02 4256 6266 for an appointment	41 Central Ave, Oak Flats
<b>St Vincent de Paul Coniston homeless hub</b>	Frozen meals, fruit, veg, bread, tea & coffee	Mon – Fri: 9am – 12pm	12-16 Miller St, Coniston
	Community lunch	Thu: 12pm	
<b>True Hearts Community</b>	Offers food hampers via <a href="https://www.facebook.com/groups/1609523572593713">https://www.facebook.com/groups/1609523572593713</a>	Mon-Fri: Upon Contact on Facebook. Friday at Senior Citizen Hall on Benuad Cres, Warilla (for people with no facebook)	Pickup across the Illawarra or Senior Citizen Hall on Benuad Cres, Warilla
<b>Unanderra Community Centre</b>	Community food pantry	Mon - Thu: 9:30 - 2:30pm.	Cnr Factory Rd & Princes Hwy, Unanderra NSW 2526
	Fresh food hampers	Wed: 10am	
<b>Vinnies Van</b>	Lunch or dinner with a cuppa	Mon & Wed: 5:30pm - 6:00pm	Warrawong Community Centre, 9 Green St, Warrawong
		Thu: 12pm	Vinnies Coniston Homeless Hub, 12-16 Miller Street, Coniston
		Tues: 5:30pm-6pm	Nowra Gateway Caravan Park – helicopter car park
		Mon & Wed: 6:30pm - 7:00pm	Wollongong Train Station (western side), wollongong
<b>Warilla Neighbourhood Centre</b>	Free food pantry (Mostly non-perishable)	Fri: 5:30pm – 6pm	Bellambi Neighbourhood Centre, Bellambi
		Tue: 1pm – 3pm	69 Benaud Crescent, Warilla
<b>Warrawong Resident Forum</b>	Community lunch. Tuesdays additional fresh fruit and veg available to take home (BYO Bag)	Tue - Thu: 11:30am – 12:30	Warrawong Community Centre, 9 Green St, Warrawong
<b>Wesley Community Care</b>	Morning tea and lunch and food parcels (when available)	Mon - Thu: 11.30am - 1.30pm, Fri: 11.30am - 1pm	Behind the Church on the Mall, 116 Crown St, Wollongong
<b>Wollongong Homeless Hub</b>	Emergency food hampers by calling 02 4228 0955	Mon, Wed & Friday: 9am - 4pm	Various sites
<b>Womens Illawarra</b>	Emergency food hampers by calling 02 4228 1499	Mon - Fri 9am - 4pm	170 Corrimal St, Wollongong