



# Low Cost and Free Meals Directory

2024

8/15/2024

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Provider	Type of Service	When	Address
Angicare	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 8624 8600 for an appointment	Mon: 10:30am - 11:30am (fortnightly)	St Michael's Anglican Cathedral - Corrimal
		Mon: 1:30pm - 2:30 pm (fortnightly)	Port Kembla Anglican Church
		Tue: 1:30pm - 2:30pm (fortnightly)	Second Chance Op Shop, Berkeley
		Thu: 10am - 11am (fortnightly)	Oaks Flat Anglican Church
		Fri: 1:30pm - 2:30pm (fortnightly)	Shellharbour City Anglican Church
Assist Shellharbour (City Baptist Church)	Food hampers available for pickup	Mon & Fri: 11am - 2pm (during school term)	10A Commerce Dr, Lake Illawarra (by library)
	Community dinner	Mon: 4:30pm	
Bellambi Neighbourhood Centre	Emergency food relief by appointment (for 2518 postcode)	By appointment on Wed & Thu. Call 4285 3055.	Corner of Cawley St and Rothery Rd, Bellambi
	Children's breakfast program (for 2518 postcode)	Tue - Fri: 7:45am - 8:30am	
	Community lunch	Tue: 12pm - 1pm	
Bulli Community Centre	Community pantry	Thu: 9:30am - 11:00am	328 Princes Hwy, Bulli
Careways Community	Community catch-up with morning tea & free food bags	Mon: 9am - 10am	Dapto Ribbonwood Centre, 93 - 109 Princes Hwy, Dapto
	Community catch-up with afternoon tea & free food bags	Fri: 3pm - 4pm	
CHAIN	Breakfast (Mon - Fri) and food vouchers (Tue & Thurs) targeting youth 25 years and under	Mon: 9am - 12:30pm Tue - Fri: 9am - 4:30pm	1A Denison St, Wollongong
Corrimal Uniting Church	Free morning tea & lunch provided at Enz Meet Cafe	Wed: 11am - 1pm	4 Russell St, Corrimal
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
Food for Life Community Care	Low-cost community hampers Family size hampers at \$70 (incl gluten-free or vegan options) and jumbo hampers at \$105. Singles/seniors \$45 Order online via: <a href="https://www.foodforlife.cc/">https://www.foodforlife.cc/</a> just come in!	Wed, Thur, Fri 9- 3pm, Sat 9-12pm	56 Doyle Ave, Unanderra (Corner of Sylvester Ave)
		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) Fairy Meadow
		Thu: 3pm - 4pm	20 Birriga Ave, Worringong Heights
		Thu: 5pm - 6pm	Nowra School of Arts (carpark), Berry Street, Nowra
Fresh Start Mission	Hot meal, coffee, drinks, cake	Fri: 5pm Sat: 5pm-7pm	Burelli st, Wollongong.
	Hot meal, coffee, drinks, cake	Sun: 2pm - 6pm	Wentworth Park, Glebe
Hope Community Kitchen	Breakfast Mon, Tues, Wed, Fri	10am-11.30am	Port Kembla Senior Citizens Centre, Allan St, Port Kembla
	Lunch Mon, Tues, Wed, Fri	11.30am - 2pm	
Hope Food Pantry Helensburgh	Low cost community shop by appointment	Fri: Book appointment via <a href="https://hopechurch2508.org.au/community-pantry/">https://hopechurch2508.org.au/community-pantry/</a>	3-23 Cemetery Rd, Helensburgh
Hope Street Community Centre Port Kembla	Community breakfast and lunch	Mon, Tues, Wed, Fri: 10am - 11.30 am Breakfast Mon, Tues, Wed, Fri: 11.30am - 2pm Lunch	27-29 Wentworth Street, Port Kembla

<b>Hope Street Warilla North Community Centre</b>	Community lunch - Tuesday \$2 toasties with coffee/tea	Tue: 11:30am - 12:30pm from 15/10 12.30-1.30	2-6 Hill St, Warilla
<b>Kind Hearts Illawarra</b>	Community dinner and food hampers	Tue 5:30pm - 6:30pm Hot meal Thurs 5.30-7pm Hot meal and food hampers	Burelli St side of MacCabe Park, Wollongong
<b>Lifeline Community Kitchen</b>	Morning tea & lunch	Mon - Fri 11am-1pm	3 Court Lane, Wollongong
<b>Lighthouse Community Kitchen</b>	Community dinner and dessert	Tue & Thu: 5:30pm	1 Railway Square, Wollongong
<b>Manna House</b>	Hot evening meals & kids' program	Thu: 5pm - 6:30pm (during school terms)	Manna House, Figtree Anglican Church, 4-10 Gibsons Rd, Figtree
<b>Need a feed</b>	Community lunch (donations accepted)	Thu: 11am - 1pm	Community Space, Northern Illawarra Uniting Church, Point St, Bulli
	Breakfast buddies	Every Mon: 8:45am - 10:30am	Globe Lane, Wollongong
	Partners with other community org.	Email <a href="mailto:weprovide@needafeed.org">weprovide@needafeed.org</a>	
<b>PCYC Wollongong</b>	Breakfast (and youth activities) for school-aged students	Thu: 7am - 8am Call 02 4229 4418 to arrange	2 Exeter Avenue, North Wollongong
<b>Pulse Pantry (UOW Students only)</b>	Free pantry staple ingredients for enrolled UOW Students.	During Session: Tue & Thu 11am - 1pm Out Of Session: Tue 11am - 12pm	Building 11, Level 1A, University of Wollongong, Wollongong
<b>St Marks Anglican Church</b>	Food & Friends afternoon tea, community dinner and emergency food hampers	Mon: 3pm - 4.30pm	429 Crown St, Wollongong
<b>St Vincent de Paul</b>	Emergency food vouchers by appointment for Oak Flats 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>	Hot/frozen meals, fruit, veg, bread, tea & coffee	Mon - Fri: 9am - 12pm	12-16 Miller St, Coniston
	Community lunch	Thu: 10am-11.30am	
<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, Wed & Fri: Contact on Facebook for an appointment. Fri (for people without Facebook)	Pick up from 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
	Fresh food hampers	Wed: 10am	
<b>Vinnies Van</b>	Lunch or dinner	Mon & Wed: 5:30pm - 6:00pm	Warrawong Community Centre, 9 Green St, Warrawong
		Mon & Wed: 6:15pm - 6.45pm	Wollongong Train Station (western side), Wollongong
		Tue: 5:30pm - 6pm	Currently at Bulli Community Centre - from 27th August, moving to Berkeley Community, Cnr Winnima Way & Parkway Ave
		Mon-Fri: 9am-12pm	Vinnies Coniston Homeless Hub, 12-16 Miller Street, Coniston
		Fri: 5:30pm - 6pm	Bellambi Neighbourhood Centre, Bellambi
<b>Warilla Neighbourhood Centre</b>	Free food pantry (mostly non-perishable)	Thu: 1pm - 3pm	69 Benaud Crescent, Warilla
	Community BBQ	First Wed of the month, 12:30pm - 2:30pm	
<b>Warrawong Resident Forum</b>	Community lunch. Wednesdays 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>Wollongong Homeless Hub</b>	Emergency food hampers by calling 02 4228 0955	Mon - Fri: 9am - 4pm	Various sites
<b>Women Illawarra</b>	Community Pantry accessible by calling 02 4228 1499	Mon - Fri: 9am - 4pm	170 Corrimal St, Wollongong