



TOGETHER  
TOWARDS A FAIR  
FOOD SYSTEM

# Low Cost and Free Meals Directory

2025

V1- 02/04/2025

Hosted and governed  
since 2005 by



Provider	Type of Service	When	Address
Anglicare	Emergency food relief by appointment	Call 8624 8600 for an appointment	152 Keira St, Wollongong
		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)	Oak Flats Anglican Church
Anglicare Mobile Community Pantry		Fri: 1:30pm - 2:30pm (fortnightly)	Shellharbour City Anglican Church
		Mon & Fri: 11am - 2pm (during school term)	10A Commerce Dr, Lake Illawarra (by library)
		Community dinner	Mon: 4:30pm
		Emergency food relief by appointment (for 2518 postcode)	By appointment on Wed & Thu. Call 4285 3055.
		Children's breakfast program (for 2518 postcode)	Mon - Fri: 7:45am - 8:30am
Bellambi Neighbourhood Centre	Community lunch	Tue: 12pm - 1pm, during school terms only	
		Community pantry	Thu: 9:30am - 11am
Bulli Community Centre	Community catch-up with morning tea & food hampers	Mon: 9am - 10am	Dapto Ribbonwood Centre, 93 - 109 Princes Hwy, Dapto
		Community catch-up with afternoon tea & food hampers	Fri: 3pm - 4pm
Careways Community			
CHAIN	Breakfast (Mon - Fri) and food vouchers (Tue & Thurs) for youth	Mon: 9am - 12:30pm	1A Denison St, Wollongong
		Tue - Fri: 9am - 4:30pm	
Corrimal Uniting Church	Free morning tea & lunch provided at Enz Meet Cafe	Wed: 11am - 1pm	4 Russell St, Corrimal
Flourish Australia	Free and low-cost community lunches	Monday, Tuesday and Thursday - \$5 healthy lunch and dessert, and \$1 tea and coffee	3 Station Street, Wollongong
		Wednesday 12pm - Free soup lunch	
		Friday 12pm - \$1 sausage sizzle lunch	
		Thu: 10am - 1pm	500 Shellharbour Rd, Shellharbour
Food Care (Shellharbour City Community Church)	Free morning tea & low cost groceries (fruit, veg, bread & other items)	Fri: 10am - 12pm	
		Food Not Bombs	Free vegan dinner and tea or coffee
Food for Life Community Care	Low-cost community hampers Standard size hampers at \$65 (incl gluten-free or vegan options) and jumbo hampers at \$100. Order online via: <a href="https://www.foodforlife.cc/">https://www.foodforlife.cc/</a>	Tue: 1pm - 6:30pm, Wed & Fri: 10am - 2pm	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, Worring Heights
		Thu: 5pm - 6pm	Nowra School of Arts (carpark), Berry Street, Nowra
Fresh Start Mission	Dinner or a cuppa	Fri: 5pm	Burelli st, Wollongong.



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Hope Community Kitchen	Community dinner	Fri: 6:30pm - 8:30pm	Port Kembla Senior Citizens Centre, Allan St, Port Kembla
Hope Food Pantry Helensburgh	Low cost community shop open during school term	Fri: 10am - 12pm (during school term)	3-23 Cemetery Rd, Helensburgh
Hope Street Community Centre Port Kembla	Community breakfast and lunch	Breakfast Mon - Wed: 10am - 11:30am Lunch Mon - Wed: 11:30am - 2pm, BBQ Friday	27-29 Wentworth Street, Port Kembla
Hope Street Warilla North Community Centre	Community lunch - Tuesday \$2 toasties with coffee/tea	Tue 12:30pm - 1:30pm	2-6 Hill St, Warilla
Kind Hearts Illawarra	Community Outreach Dinner	Tuesday 5:30pm - 6:30pm	Burelli St side of MacCabe Park, Wollongong
	Community Outreach Dinner and Fresh Food Hampers	Thursday 5:30pm - 7pm	Burelli St side of MacCabe Park, Wollongong
Lifeline South Coast	Morning tea and lunch.	Mon - Fri, 11am - 12.30pm	3 Court Lane, Wollongong
Lighthouse Community Kitchen	Community dinner and dessert	Tue & Thu: 5:30pm	1 Railway Square, Wollongong
Manna House	Hot evening meals	Thu: 5pm - 6:30pm (during school terms)	Manna House, Figtree Anglican Church, 4-10 Gibsons Rd, Figtree
Need a feed	Community lunch (by donation)	Thu: 11am - 1pm	Community Space, Northern Illawarra Uniting Church, Point St, Bulli
	Breakfast Buddies	Every Monday during school term, 8:30am-9:30am.	Globe Lane, Wollongong
PCYC Bulli (Wollongong CLOSED due to flood damage)	Breakfast (and youth activities) for school-aged students	Wednesday 7-8am	253 Princes Highway, Bulli
Pulse Pantry (UOW Students only)	Free pantry staple ingredients for enrolled UOW Students.	During Session: Tue 9:30 - 11am & Thu 2-3:30pm Out Of Session: Tue 11am - 12pm	Building 11, Level 1A, University of Wollongong, Wollongong
Salt Care	Salt Store offers grocery collection for a \$2 donation.	Tues & Thu: 10.30am - 12.30pm	5-19 Birriley Street, Bomaderry
St Marks Anglican Church	Food & Friends afternoon tea, community dinner and emergency food hampers	Mon: 3pm - 5pm	429 Crown St, Wollongong
St Vincent de Paul	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
St Vincent de Paul Coniston Homeless Hub	Hot/frozen meals, fruit, veg, bread, tea & coffee	Mon - Fri: 9am - 12pm	16 Miller St, Coniston
	Community lunch	Thu: 11:30am - 12pm	
True Hearts Community	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
Unanderra Community Centre	Community food pantry	Mon - Thu: 9:30 - 2:30pm	Cnr Factory Rd & Princes Hwy, Unanderra
	Grocery items (BYO bag)	Wed: 10am	
Vinnies Van	Hot meals, fresh fruit and vegetables, hot/cold drink, and snack packs.	Mon & Wed: 5:30pm - 6:00pm	Barnados Driveway, 13 Greene Street, Warrwong
		Mon & Wed: 6:15pm - 6:45pm	Wollongong Train Station (western side), Wollongong
		Tue: 5:30pm - 6pm	Berkeley Community Centre, 40 Winnima Way, Berkeley
		Tue: 10:30am	Myuna Way, Mangerton
		Thu: 3:30pm - 4pm	WOMEN ONLY: Illawarra Women's Health Centre, Benson Avenue, Shellharbour
		Fri: 5:30pm - 6pm	Bellambi Neighbourhood Centre, 49A Cawley Street, Bellambi



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<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 Tuesdays, BBQ Thursday's and food hub Tuesday 2-3pm (BYO bag)	Tues: Food Hub Rego 9am-12pm, Lunch 11:30am - 12:30pm, Food Hub Collection 2-3pm. Thurs: 11:30am - 12:30pm	Shop 1, 210-2222 Cowper Street, Warrawong (located on King St)
<b>Wollongong Homeless Hub and Housing Services</b>	Food hampers, frozen meals, fruit and veg. For more info, call (02) 4228 0955.	The Hub: Monday to Friday, 9am-2pm.	40 Princes Hwy, Fairy Meadow
		Outreach Van: Thursday 5pm-6:30pm.	1 Railway Square, Wollongong
<b>Women Illawarra</b>	Food Pantry and food hampers (depending on season) by calling 02 4228 1499	Mon - Fri: 9am - 4pm	170 Corrimal St, Wollongong