



TOGETHER  
TOWARDS A FAIR  
FOOD SYSTEM

# Low Cost and Free Meals Directory

## 2026

V1-05/01/2026

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Provider	Type of Service	When	Address
Anglicare	Emergency food relief by appointment	Call 8624 8600 for an appointment  Mon: 10:30am - 11:30am (fortnightly) Mon: 1:30pm - 2:30 pm (fortnightly) Tue: 1:30pm - 2:30pm (fortnightly) Thu: 10am - 11am (fortnightly) Fri: 1:30pm - 2:30pm (fortnightly)	152 Keira St, Wollongong  St Michael's Anglican Cathedral - Corrimal  Port Kembla Anglican Church  Second Chance Op Shop, Berkeley  Oak Flats Anglican Church  Shellharbour City Anglican Church
Anglicare Mobile Community Pantry	\$15 grocery bags		
Assist Shellharbour (City Baptist Church)	Food hampers available for pickup  Community dinner	Mon & Fri: 11am - 2pm (during school term)  Mon: 4:30pm	10A Commerce Dr, Lake Illawarra (by library)
Bellambi Neighbourhood Centre	Emergency food relief by appointment (for 2518 postcode)  Children's breakfast program (for 2518 postcode)  Community lunch	By appointment on Wed & Thu. Call 4285 3055.  Mon - Fri: 7:45am - 8:30am  Tue: 12pm - 1pm (school terms only)	Corner of Cawley St and Rothery Rd, Bellambi
Bulli Community Centre	Community pantry  Community catch-up with morning tea & food hampers	Thu: 9:30am - 11am  Mon: 9am - 10am	328 Princes Hwy, Bulli  Dapto Ribbonwood Centre, 93 - 109 Princes Hwy, Dapto
Careways Community	Community catch-up with afternoon tea & food hampers	Fri: 3pm - 4pm	Koonawarra Community Centre 36 Fowlers Rd, Koonawarra
CHAIN	Breakfast (Mon - Fri) and food vouchers (Tue & Thurs) for youth	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
Flourish Australia	Free and low-cost community lunches (Flourish clients only)	Monday, Tuesday and Thursday - \$5 healthy lunch and dessert, and \$1 tea and coffee Wednesday 12pm - Free soup lunch Friday 12pm - \$1 sausage sizzle lunch	3 Station Street, Wollongong
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 Not Bombs	Free vegan dinner and tea or coffee	Every second Sunday, 5pm	McCabe Park
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>	Tues - Fri: 9am - 3pm. Sat: 9am - 2pm.  Wed: 6:40pm - 7:15pm  Wed: 5pm - 6pm  Thu: 3pm - 4pm  Thu: 5pm - 6pm	56 Doyle Ave, Unanderra (Corner of Sylvester Ave)  Kiama Baptist Church (Carpark) 1/3 Brown Street, Kiama.  Cnr College Ave & Benson Ave, Stockland Shellharbour  20 Birriga Ave, Worringong Heights  Nowra School of Arts (carpark), Berry Street, Nowra
Fresh Start Mission	Dinner or a cuppa	Fri: 5pm	Burelli st, Wollongong.
Gathering Table	Fresh fruit, vegetables and bread	Thu: 1 - 3pm	1 Thirroul Road, Kanahooka



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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 dinner and food hampers	Tue & Thu: 5:30pm - 6:30pm	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 2nd Mon: 8:45am - 10:30am	Globe Lane, Wollongong
	Food pantry	Thu: 11am - 1pm	Community Space, Northern Illawarra Uniting Church, Point St, Bulli
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 Coniston Homeless Hub	Hot/frozen meals, fruit, veg, bread, tea & coffee	Mon - Fri: 9am - 12pm	
	Community brunch	Thu: 10am - 12pm	16 Miller St, Coniston
True Hearts Community	Offers food hampers via <a href="https://www.facebook.com/groups/1609523572593713">https://www.facebook.com/groups/1609523572593713</a>	Pick-up Mon, Wed & Fri from 1:30 - 3:30pm	Pick up from Senior Citizen Hall on Benudad Cres, Warilla
Unanderra Community Centre	Community food pantry	Mon, Tues & Thu: 9:30 - 2:30pm	
	Fresh food hampers	Wed: 10am	Cnr Factory Rd & Princes Hwy, Unanderra
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, Warrawong
		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
		Thu: 1pm - 3pm	69 Renaud Crescent, Warilla
Warilla Neighbourhood Centre	Free food pantry (mostly non-perishable)		



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Warrina Neighbourhood Centre	Community BBQ	First Wed of the month, 12:30pm - 2:30pm	69 Benaud Crescent, Warrina
Warrawong Resident Forum	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 - 222 Cowper Street, Warrawong (located on King Street)
Wollongong Homeless Hub and Housing Services	Food hampers, frozen meals, fruit and veg. For more info, call (02) 4228 0955.	The Hub: Monday to Friday, 9am-2pm. Outreach Van: Thursday 5pm-6:30pm.	40 Princes Hwy, Fairy Meadow 1 Railway Square, Wollongong
Women Illawarra	Food Pantry and food hampers (depending on season) by appointment. Call (02) 4228 1499	Mon - Fri: 9am - 4pm	170 Corrimal St, Wollongong