

Key  
 School Term: ●  
 Fortnightly: ●  
 Women Only: ●  
 Uni Students Only: ●



# Shellharbour to Shoalhaven

## Low-Cost & Free Meals Directory

Location	Time	Service	Provider
<b>Monday</b>			
10A Commerce Drive Lake Illawarra	11am - 2pm	Free Groceries & Lunch ●	Assist Shellharbour
10A Commerce Drive Lake Illawarra	4pm 5:30pm	Afternoon Tea Dinner	Assist Shellharbour
<b>Tuesday</b>			
5-19 Birriley Street Bomaderry	10.30am - 12.30pm	Low-Cost Groceries	Salt Care
<b>Wednesday</b>			
Cnr College Ave & Benson Ave, Stockland Shellharbour	5 - 6pm	Low-Cost Groceries	Food for Life Community Care
1/3 Brown Street Kiama	6.40 - 7.15pm	Low-Cost Groceries	Food for Life Community Care
<b>Thursday</b>			
35 Fisher Street Oak Flats	10 - 11am	Low-Cost Groceries ●	Anglicare Mobile Community Pantry
500 Shellharbour Rd Shellharbour	9:30am - 12:30pm	Morning Tea & Low-Cost Groceries	Food Care (Shellharbour City Community Church)
5-19 Birriley Street Bomaderry	10.30am - 12.30pm	Low-Cost Groceries	Salt Care
20 Birriga Ave Warringong Heights	3 - 4pm	Low-Cost Groceries	Food for Life Community Care
Illawarra Women's Health Centre, 2/10 Belfast Avenue Warilla NSW 2528	3.30 - 4pm	Meals & Free Groceries ●	Vinnies Van
Nowra School of Arts Carpark, Berry Street (Next to Vinnies) Nowra	5 - 6pm	Low-Cost Groceries	Food for Life Community Care
<b>Friday</b>			
500 Shellharbour Rd Shellharbour	10am - 12pm	Morning Tea & Low-Cost Groceries	Food Care (Shellharbour City Community Church)
10A Commerce Drive Lake Illawarra	11am - 2pm	Free Groceries & Lunch ●	Assist Shellharbour
25 Wallaroo Drive Shellharbour	1.30 - 2.30pm	Low-Cost Groceries ●	Anglicare Mobile Community Pantry