



# Low Cost and Free Meals Directory

2026

V1- 29/04/2026



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	\$15 grocery bags	Fri: 1:30pm - 2:30pm (fortnightly)	Shellharbour City Anglican Church
		Food hampers available for pickup	Mon & Fri: 11am - 2pm (during school term)
Assist Shellharbour (City Baptist Church)	Community dinner		10A Commerce Dr, Lake Illawarra (by library)
		Mon: 4:30pm	
Bellambi Neighbourhood Centre	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	Corner of Cawley St and Rothery Rd, Bellambi
	Community lunch	Tue: 12pm - 1pm (school terms only)	
Bulli Community Centre	Community pantry	Thu: 9:30am - 11am	328 Princes Hwy, Bulli
Careways Community	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	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: 9:30am - 12:30pm 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.	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: 3pm - 4pm	20 Birriga Ave, Worroving Heights
		Thu: 5pm - 6pm	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

<b>Hope Community Kitchen</b>	Community dinner	Fri: 6:30pm - 8:30pm	Port Kembla Senior Citizens Centre, Allan St, Port Kembla
<b>Hope Food Pantry Helensburgh</b>	Low cost community shop open during school term	Fri: 10am - 12pm (during school term)	3-23 Cemetery Rd, Helensburgh
<b>Hope Street Community Centre Port Kembla</b>	Community breakfast and lunch	Breakfast Mon - Wed: 10am - 11:30am Lunch Mon - Wed: 11:30am - 2pm, BBQ Friday	27-29 Wentworth Street, Port Kembla
<b>Hope Street Warilla North Community Centre</b>	Community lunch - Tuesday \$2 toasties with coffee/tea	Tue 12:30pm - 1:30pm	2-6 Hill St, Warilla
<b>Kind Hearts Illawarra</b>	Community dinner and food hampers	Tue & Thu: 5:30pm - 6:30pm	Burelli St side of MacCabe Park, Wollongong
<b>Lifeline South Coast</b>	Morning tea and lunch.	Mon - Fri, 11am - 12.30pm	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	Thu: 5pm - 6:30pm (during school terms)	Manna House, Figtree Anglican Church, 4-10 Gibsons Rd, Figtree
<b>Need a feed</b>		First Tues of month 12-1pm First Wed of month 12.30-1.30pm	Berkeley Community Centre, Winima Way Warilla Community Centre, 69 Benaud Crescent Unanderra Community Centre, Cnr of Factory Road & Princes Hwy
	Community lunch	Second Wed of month 11.30am - 12.30pm	Hope Street, Wentworth Street Port Kembla
	Breakfast buddies	Second Thurs of month 10.30-11.30am	McCabe Park Wollongong
	Food pantry	Every Mon & Tues during school term: 8:45am - 9:45am	Berkeley Community Centre, Winima Way
		Available on request	
<b>PCYC Bulli (Wollongong CLOSED due to flood damage)</b>	Breakfast (and youth activities) for school-aged students	Wednesday 7-8am	253 Princes Highway, Bulli
<b>Pulse Pantry (UOW Students only)</b>	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
<b>Salt Care</b>	Salt Store offers grocery collection for a \$2 donation.	Tues & Thu: 10.30am - 12.30pm	5-19 Birriley Street, Bomaderry
<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 Coniston Homeless Hub</b>	Hot/frozen meals, fruit, veg, bread, tea & coffee	Mon - Fri: 9am - 12pm	16 Miller St, Coniston
	Community brunch	Thu: 10am - 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>	Pick-up Mon, Wed & Fri from 1:30 - 3:30pm	Pick up from Senior Citizen Hall on Benuad Cres, Warilla
<b>Unanderra Community Centre</b>	Community food pantry	Mon, Tues & Thu: 9:30 - 2:30pm	Cnr Factory Rd & Princes Hwy, Unanderra
	Fresh food hampers	Wed: 10am	
<b>Vinnies Van</b>	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
<b>Warilla Neighbourhood Centre</b>	Free food pantry (mostly non-perishable)	Fri: 5:30pm - 6pm	Bellambi Neighbourhood Centre, 49A Cawley Street, Bellambi
	Community BBQ	Thu: 1pm - 3pm First Wed of the month, 12:30pm - 2:30pm	69 Benaud Crescent, Warilla
<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 - 222 Cowper Street, Warrawong (located on King Street)

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<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 appointment. Call (02) 4228 1499	Mon - Fri: 9am - 4pm	170 Corrimal St, Wollongong

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