

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



Central Wollongong (1/2)

Low-Cost & Free Meals Directory

Location	Time	Service	Provider
Monday			
McCabe Park Wollongong	8.45 - 9.45am	Breakfast ●	Need A Feed
16 Miller St Coniston	9am - 12pm	Meals & Free Groceries	St Vincent de Paul Coniston Homeless Hub
1A Denison St Wollongong	9am - 12.30pm	Breakfast (adolescents only)	CHAIN
3 Court Lane Wollongong	11am - 12.30pm	Morning Tea & Lunch	Lifeline South Coast
Wollongong Train Station (Gladstone Ave Side) Wollongong	6.15 - 6.45pm	Dinner	Vinnies Van
Tuesday			
1A Denison St Wollongong	9am - 4.30pm	Breakfast (adolescents only) ●	CHAIN
16 Miller St Coniston	9am - 12pm	Meals & Free Groceries	St Vincent de Paul Coniston Homeless Hub
Building 11, Level 1A, University of Wollongong, Northfields Ave Keiraville	9.30 - 11am	Free Groceries ●	Pulse Pantry
Myuna Way Mangerton	10.30am	Meals & Free Groceries	Vinnies Van
3 Court Lane Wollongong	11am - 12.30pm	Morning Tea & Lunch	Lifeline South Coast
1 Railway Station Square Wollongong	5.30pm	Dinner	Lighthouse Community Kitchen
MacCabe Park, Burelli St Wollongong	5.30 - 6.30pm	Dinner	Kind Hearts Illawarra
Wednesday			
1A Denison St, Wollongong	9am - 4.30pm	Breakfast (adolescents only)	CHAIN
16 Miller St Coniston	9am - 12pm	Meals & Free Groceries	St Vincent de Paul Coniston Homeless Hub
3 Court Lane, Wollongong	11am - 12.30pm	Morning Tea & Lunch	Lifeline South Coast
Wollongong Train Station (Gladstone Ave Side) Wollongong	6.15 - 6.45pm	Dinner	Vinnies Van
By Appointment			
152 Keira St Wollongong	Call (02) 8624 8600	Free Groceries	Anglicare
170 Corrimal Street Wollongong	Call 4228 1499	Free Groceries ●	Women Illawarra

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Central Wollongong (2/2)

Low-Cost & Free Meals Directory

Location	Time	Service	Provider
Thursday			
McCabe Park Wollongong	8.45 - 9.45am	Breakfast ●	Need A Feed
1A Denison St Wollongong	9am - 4.30pm	Breakfast (adolescents only)	CHAIN
16 Miller St Coniston	9am - 12pm 11:30am - 12pm	Meals & Free Groceries Lunch	St Vincent de Paul Coniston Homeless Hub
3 Court Lane Wollongong	11am - 12.30pm	Morning Tea & Lunch	Lifeline South Coast
Building 11, Level 1A, University of Wollongong, Northfields Ave Keiraville	2 - 3.30pm	Free Groceries ●	Pulse Pantry
4-10 Gibsons Rd Figtree	5 - 6.30pm	Dinner ●	Manna House
Wollongong Train Station (Gladstone Ave Side) Wollongong	5 - 6.30pm	Free Groceries	Wollongong Homeless Hub and Housing Services
1 Railway Station Square Wollongong	5.30pm	Dinner	Lighthouse Community Kitchen
MacCabe Park, Burelli St Wollongong	5.30 - 7pm	Dinner & Free groceries	Kind Hearts Illawarra
Friday			
1A Denison St Wollongong	9am - 4.30pm	Breakfast (adolescents only)	CHAIN
16 Miller St Coniston	9am - 12pm	Meals & Free Groceries	St Vincent de Paul Coniston Homeless Hub
74 Church St Wollongong	10.30 - 11.30am	Low-cost Groceries ●	Anglicare Mobile Community Pantry
3 Court Lane Wollongong	11am - 12.30pm	Morning Tea & Lunch	Lifeline South Coast
83 Burelli St Wollongong	5pm	Dinner	Fresh Start Mission
Sunday			
McCabe Park, 83 Burelli St Wollongong	5pm	Dinner ●	Food Not Bombs