

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



Shellharbour to Shoalhaven

Low-Cost & Free Meals Directory

Location	Time	Service	Provider
Monday			
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
10/158 Princes Hwy, South Nowra	9.30am-3pm	Low-Cost Groceries	Nowra Food Store
Tuesday			
5-19 Birriley Street Bomaderry	10.30am - 12.30pm	Low-Cost Groceries	Salt Care
10/158 Princes Hwy, South Nowra	9.30am-3pm	Low-Cost Groceries	Nowra Food Store
Wednesday			
10/158 Princes Hwy, South Nowra	9.30am-3pm	Low-Cost Groceries	Nowra Food Store
Thursday			
35 Fisher Street Oak Flats	10 - 11am	Low-Cost Groceries ●	Anglicare Mobile Community Pantry
10/158 Princes Hwy, South Nowra	9.30am-3pm	Low-Cost Groceries ●	Nowra Food Store
500 Shellharbour Rd Shellharbour	9:30am - 12pm	Morning Tea & Low-Cost Groceries	Food Care (Shellharbour Community Church)
5-19 Birriley Street Bomaderry	10.30am - 12.30pm	Low-Cost Groceries	Salt Care
20 Birriga Ave Warring 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
Friday			
500 Shellharbour Rd Shellharbour	10am - 12pm	Morning Tea & Low-Cost Groceries	Food Care (Shellharbour Community Church)
10/158 Princes Hwy, South Nowra	9.30am-3pm	Low-Cost Groceries ●	Nowra Food Store
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