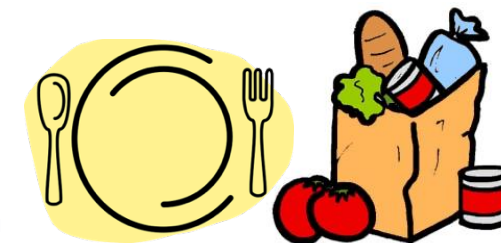


# Low Cost and Free Meals Directory

## Inner West & Eastern Suburbs

Marrickville, Newtown, Petersham, Ashfield, Surry Hills, Kings Cross, Bondi, Kensington

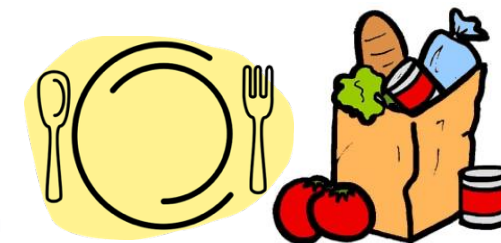


<b>Organisation &amp; Service Type</b> 	<b>Address &amp; Phone Number</b> 	<b>Day / Time Open</b> 	<b>Cost or conditions</b> 	<b>Public Transport Options</b> 
<b>Addison Rd Community Centre</b> Food parcels	142 Addison Rd, Marrickville (02) 9569 7633	Tuesday 2-5pm	Small fee	15-minute walk from Stanmore Station, Bus Route: 428
<b>The Food Pantry</b> Cheap groceries	1/142 Addison Rd, Marrickville (02) 9569 7633	Monday-Friday 12-4pm	Small fee	15-minute walk from Stanmore Station, Bus Route: 428
<b>Asylum Seekers Centre</b> Groceries home delivery	43 Bedford St, Newtown (02) 9078 1900	Monday-Friday 9am-4pm	Asylum-seekers only Free Must call to register	Home delivery
<b>Lentil as Anything</b> Takeaway meals	391 King St, Newtown (02) 8283 5580	Everyday 12-3pm, 5-9pm	Small fee or free	3-minute walk from Newtown Station, Bus routes: 352, 355, 370, 422, 423, 426, 428, 430
<b>Jordan Café Newtown Mission</b> Takeaway meals	280A King St, Newtown (02) 9519 9000	Tuesday, Wednesday & Friday 1-3pm, Thursday 6-8pm	Free	3-minute walk from Newtown Station, Bus Routes: 352, 370, 422, 423, 426, 428, 430
<b>Anglicare 'Mobile Community Pantry' Van – Petersham</b> Cheap groceries	All Saints Church Hub of Hope 325 Stanmore Rd, Petersham (02) 9569 4735	Every 2nd Thursday 1.30-2.30pm	Centrelink card-holders only \$10 bag pantry items	6-minute walk from Petersham Station, Bus Routes: 412, 445, 428

# Low Cost and Free Meals Directory

## Inner West & Eastern Suburbs

Marrickville, Newtown, Petersham, Ashfield, Surry Hills, Kings Cross, Bondi, Kensington

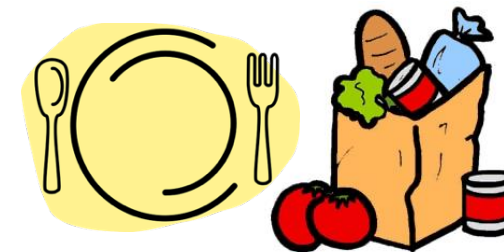


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<b>Exodus Foundation</b> Takeaway Lunch & Food parcels	180 Liverpool Rd, Ashfield (02) 8752 4600	Everyday 9-9.45am, 11.30am-12.45pm	Free Must call to register	6-minute walk from Ashfield Station, Bus Routes: 406, 418, 464, 480, 483
<b>The Salvation Army Street Level Café</b> Takeaway Lunch	Behind 339 Crown St, Surry Hills (access from Derby Lane off Albion St) (02) 9360 1321	Monday-Friday 12-2pm	Small fee	15-minute walk from Central Station Bus routes: 304, 338, 339, 352, 374, 376, 391
<b>Wayside Chapel Café Kings Cross</b> Takeaway meals	29 Hughes St, Potts Point (02) 9581 9100	Everyday 7am-4pm	Small fee	6-minute walk from Kings Cross Station, Bus Route: 311
<b>Wayside Chapel Heart Café Bondi</b> Takeaway meals	95 Roscoe St, Bondi Beach (02) 9581 9150	Everyday 7am-4pm	Small fee	Bus Routes: 333, 380
<b>Oz Harvest Market</b> Food hampers	147 Anzac Pde, Kensington 1800 108 006	Tuesday-Friday 10am-2pm	Free	1-minute walk from Kensington Light Rail Stop, Bus Routes: 302, 303, 348, 370, 391, 392, 393, 394, 395, 396, 397, 399, M10

# Low Cost and Free Meals Directory

## Western Sydney

Auburn – Granville – Silverwater – Parramatta – Westmead – Mt Drutt – Penrith

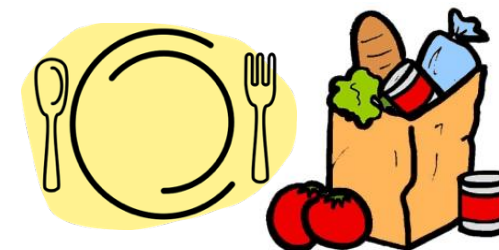


<b>Organisation &amp; Service Type</b> 	<b>Address &amp; Phone Number</b> 	<b>Day / Time Open</b> 	<b>Cost or conditions</b> 	<b>Public Transport Options</b> 
<b>Jesuit Refugee Service (JRS)</b> <b>Westmead</b> Food hampers	Home delivery (02) 9098 9336	Tuesday-Thursday 9.30am-3pm	Asylum-seekers only Free Must call to register	Home delivery
<b>St Vincent de Paul Mobile</b> <b>'Vinnies Van' Parramatta</b> Snack & warm beverage	Prince Alfred Square, Corner of Marist Place & Victoria Rd, Parramatta (02) 8861 9700	Nightly 9.45-10.30pm	Free	12-minute walk from Parramatta Station, Bus routes: 546, 804, 806, 900, M91
<b>Parramatta Mission</b> Takeaway Lunch	119 Macquarie St, Parramatta 0400 415 984	Monday-Friday 10.30am-1pm	Free	3-minute walk from Parramatta Station and Bus Interchange
<b>Parramatta Community Care</b> Cheap groceries	18 Barney St, North Parramatta 0411 656 418	Thursday 6-8pm	Centrelink card- holders only Small fee	Bus routes: 600, 601, 603, 604, 606, 609, 706
<b>Harris Park Community Centre</b> Food parcels	11 Albion St, Harris Park (02) 9635 0157	Monday-Friday 9am-4pm	Free Call in advance	5-minute walk from Harris Park Station, Bus route: 906
<b>House of Welcome Granville</b> Food hampers	197 The Trongate, Granville (02) 9727 9290	Monday-Friday 10am-3pm	Asylum-seekers only Free Must call to register	20-minute walk from Clyde Station, Bus route: 908

# Low Cost and Free Meals Directory

## Western Sydney

Auburn – Granville – Silverwater – Parramatta – Westmead – Mt DrUITT – Penrith

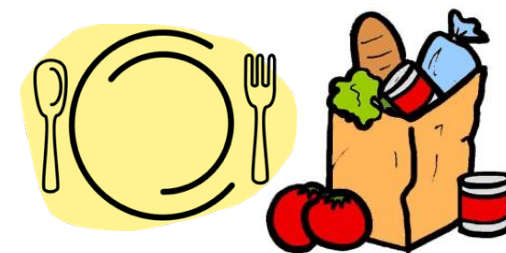


<b>Organisation &amp; Service Type</b> 	<b>Address &amp; Phone Number</b> 	<b>Day / Time Open</b> 	<b>Cost or conditions</b> 	<b>Public Transport Options</b> 
<b>Anglicare 'Mobile Community Pantry' Van – Auburn</b> Cheap groceries	Auburn Anglican Church 48 Hall St, Auburn (02) 9649 7228	Friday once per month 10-11.30am	Centrelink card-holders only \$10 bag pantry items	5-minute walk from Auburn Station, Bus routes: 540, 544
<b>C3 Cares</b> Food hampers	C3 Church, 108 Silverwater Rd, Silverwater (02) 9748 5700	Monday-Thursday 9am-1pm	Free	Bus routes: 540, 544
<b>'Vinnies Van' Mount DrUITT</b> Snack & warm beverage	Cul-de-Sac of Kelly Close, next to Pascoe Walk, Mount DrUITT (02) 8861 9700	Nightly 8.30-9.15pm	Free	10-minute walk from Mt DrUITT Station & Bus Stops Routes: 750, 754, 759, 761
<b>Salvation Army Penrith Freedom Centre</b> Takeaway meals	2/54 Henry St, Penrith (02) 4721 3076	Monday-Friday 9am-4.30pm	Free	12-minute walk from Penrith Station, Bus Routes: 678, 780, 782, 785, 786
<b>Anglicare Penrith</b> Food parcels and vouchers	114 Henry St, Penrith (02) 8624 8600	Mon, Tues, Thurs 9am-3pm, Wed 12.30-7pm	Call in advance Free	5-minute walk from Penrith Station, Bus Routes: 677, 678, 775, 776, 780, 782, 785, 786, 789
<b>Christ Mission Possible</b> Food Hampers	3/30 Copeland St, Kingswood 1300 435 728	Monday-Friday 9am-2pm	Free	
<b>Nepean Food Services</b> Meals Home delivery	8 Jeanette St, Regentville (02) 4733 7200	Monday-Friday 8.30am-3pm	Small cost >65 or have disability	Home delivery

# Low Cost and Free Meals Directory

## South-West Sydney

Canterbury – Bankstown – Fairfield – Cabramatta – Liverpool – Campbelltown – Bargo

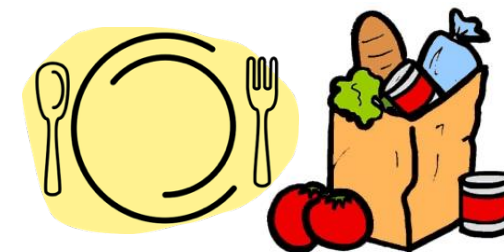







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<b>Anglicare 'Mobile Community Pantry' Van – Canterbury</b> Cheap groceries	Saint Paul's Church 33 Church Street Canterbury (02) 9789 5991	Every 2 <sup>nd</sup> Friday 9-10.30am	Centrelink card-holders only \$10 bag pantry items	8-minute walk from Canterbury Station Bus Routes: 428, 445
<b>Metro Assist Campsie</b> Food parcels	Level 2/59-93 Evaline Street, Campsie 9789 3744	Tuesday and Thursday	Free Need to call to register	8-minute walk from Campsie Station
<b>The Staples Bag</b> Cheap groceries	449 Canterbury Road, Campsie (02) 97876832	Monday-Friday 9.30am-4.30pm Saturday 9am-2pm	\$20 big bag	12-minute walk from Campsie Station Bus Routes: 410, 412, 415, 420, 445, 473, 492
<b>Meals on Wheels Canterbury</b> Meals Home delivery	2/2 Carrington Square, Campsie (02) 9718 3093	Monday-Friday 10.30am-2pm	Small cost Referral required, >65 or have disability	Home delivery
<b>Mamma Penny Mobile Food Pantry</b> Food hampers	Youth and Resource Centre, 40 Redman Parade, Belmore 0423 207 530	Friday, Saturday, Sunday 9.30-10.30am	\$5 or gold coin	1-minute walk from Belmore Station Bus routes: 415, 942

# Low Cost and Free Meals Directory

## South-West Sydney

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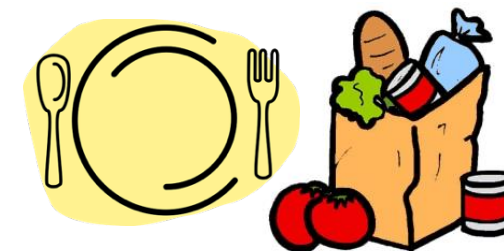


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<b>St Vincent De Paul</b> Food parcels and vouchers	2A East Terrace, Bankstown (02) 9796 1176	Call to arrange	Free Need to call to be assessed & register	6-minute walk from Bankstown Station and Bus Interchange
<b>Mountaha's Helping Hand</b> Food parcels	2/15-17 Gartmore Avenue, Bankstown 0405 610 693	Call to arrange	Free Call in advance as demand is high	20-minute walk from Bankstown Station Bus routes: 940, 945
<b>Bankstown Meals on Wheels</b> Meals home delivery	Senior Citizen Centre, 202 Waterloo Road, Greenacre (02) 9707 9646	Deliveries 11.30am-1.30pm Monday-Friday	\$7/meal Referral required, >65 or have disability	Home delivery
<b>Riverwood Community Centre</b> Takeaway Dinner	151 North Belmore Road, Riverwood 9533 0100	Monday 4-6pm	Free	9-minute walk from Riverwood Station Bus routes: 945, M91

# Low Cost and Free Meals Directory

## South-West Sydney

Canterbury – Bankstown – Fairfield – Cabramatta – Liverpool – Campbelltown – Bargo

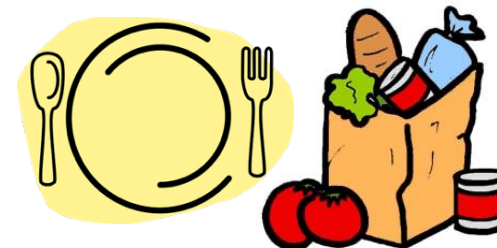


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<b>Villawood Senior Citizens Centre</b> Takeaway lunch	29 Villawood Road, Villawood (02) 9726 3616	Monday, Tuesday, Wednesday 12-1pm	\$5 or free	5-minute walk from Villawood Station
<b>Fairfield Food Services</b> Meals home delivery	11 Kenyon St, Fairfield (02) 97286939	Monday-Friday 7.30am-3pm	Referral required, >65 or have disability Small cost	Home delivery
<b>Salvation Army Community Welfare Centre</b> Takeaway Breakfast & Lunch	473 Hamilton Street, Fairfield West (02) 9481 3212	Monday, Wednesday, Friday 10am-2pm	Free	Bus route: 804
<b>CORE Community Services</b> Food vouchers	Cabramatta Office closed temporarily (02) 8707 0600	Monday-Friday 9am-5pm	Need to call to be assessed & register Free	Vouchers sent electronically via email or text
<b>Anglicare 'Mobile Community Pantry' Van – Cabramatta</b> Cheap groceries	Cabramatta Anglican Church 40-42 Cumberland Street 0498 000 778 or 0422 771 477	Every 2 <sup>nd</sup> Wednesday 7.30-8.30pm	Centrelink card-holders only \$10 bag pantry items	5-minute walk from Cabramatta Station
<b>Bill Crews Mobile Community Kitchen</b> Takeaway Lunch	Hark Park Warwick Farm (02) 8752 4600	Friday to Monday 11.30am-12.30pm	Free	4-minute walk from Warwick Park Station

# Low Cost and Free Meals Directory

## South-West Sydney

Canterbury – Bankstown – Fairfield – Cabramatta – Liverpool – Campbelltown – Bargo



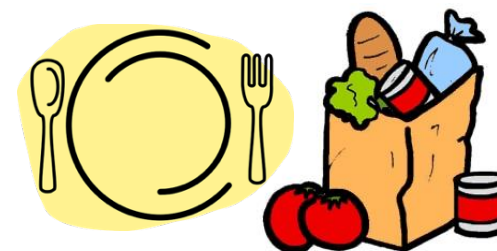
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<b>Salvation Army Café Embrace</b> Takeaway Breakfast	51-55 Memorial Avenue, Liverpool (02) 9601 2813	Monday, Wednesday, Friday 10-11am	Free	8-minute walk from Liverpool Station & Bus Interchange
<b>Liverpool Community Kitchen &amp; Hub - Mobile Food Van</b> Takeaway Breakfast	The Uniting Church 28 Pirie St, Liverpool (02) 9734 4710	Monday-Friday 9.30-10.30am	Free	5-minute walk from Liverpool Station & Bus Interchange
<b>'Vinnies Van' Liverpool</b> Snack & warm beverage	Pioneers Memorial Park, Macquarie St, Liverpool (02) 8861 9700	Tuesday-Saturday 8.30-9pm	Free	5-minute walk from Liverpool Station Near Bus Routes: 823, 901, 902, 903, 904, M90
<b>St Vincent de Paul</b> Groceries home delivery	Liverpool Office closed temporarily (02) 8861 9700	Call to arrange	Need to call to be assessed & register Free	Home delivery
<b>Meals on Wheels Liverpool</b> Meals home delivery	92 Memorial Avenue, Liverpool 9601 3728	Monday-Friday Delivery times vary	Referral required, >65 or have disability Small cost	Home delivery
<b>iCare Community Services Liverpool</b> Food hamper	6 Speed Street, Liverpool 9119 8727	Tuesday, Thursday 12.30-1.30pm	NDIS only, need to call to register Free	5-minute walk from Liverpool Station & Bus Interchange



# Low Cost and Free Meals Directory

## South-West Sydney

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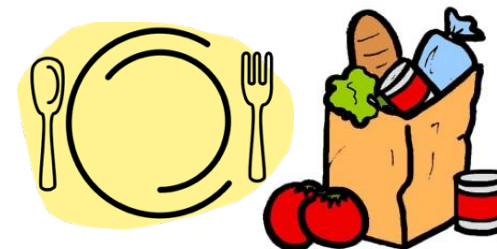







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<b>Anglicare 'Mobile Community Pantry' Van – St Johns Park</b> Cheap groceries	St Johns Park Anglican Church, 73 Edensor Road, St Johns Park 0400 774 238	Every 2 <sup>nd</sup> Monday 1.30-2.30pm	Centrelink card-holders only \$10 bag pantry items	Bus routes: 802, 805
<b>Heckenburg Community Connect</b> Food parcels	Oliveri Hall, 1 Tantangara Street, Heckenberg (02) 9607 0077	Tuesday-Friday 9.30am-3pm	High demand - Existing clients only	Near bus routes: 805, 827
<b>'Vinnies Van' Sadlier</b> Snack & warm beverage	Edwin Wheeler Reserve, Corner of Maxwells Ave & Cartwright Ave, Sadier (02) 8861 9700	Tuesday-Saturday 9.15-9.45pm	Free	Bus routes: 802, 803
<b>CORE Community Services Miller</b> Takeaway frozen meals	16 Woodward Crescent, Miller (02) 8717 1531	Monday, Wednesday, Friday, 11:30am-12:30pm	Free	Bus routes: 802, 803, 804
<b>St Vincent de Paul</b> Food hampers and vouchers	248 Humphries Rd, Mount Prichard (02) 9823 1222	Call to arrange	Need to call to be assessed & register Free	Bus routes: 801, 807, 808, 816
<b>3 Pillars Relief Agency</b> Food hampers	Unit 5/1 Moorlands Road, Ingleburn (02) 8119 5126	Hours vary, call or check Facebook	\$30 large hamper	18-minute walk from Ingleburn Station

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## South-West Sydney

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<b>Anglicare Campbelltown</b> Food parcels	Shop 1 & 2/31-35 Chamberlain Street, Campbelltown (02) 4621 6666	Call to arrange	Need to call to be assessed & register Free	15-minute walk from Campbelltown Station Bus routes: 870, 872
<b>Nagle Centre Family Care and Support Service</b> Food vouchers	22 Lolanthe Street, Campbelltown (02) 4628 2928	Call to arrange	Area residents only Free	9-minute walk from Campbelltown Station Bus routes: 870, 871, 872, 877, 880
<b>South West Multicultural &amp; Community Centre</b> Food hampers	4 Surrey Street, Minto (02) 9603 2500	Tuesday 3.30-5pm	\$10 Call in advance as demand is high	4-minute walk from Minto Station Bus routes: 873, 874, 875
<b>Tallowood Community Centre</b> Takeaway meals	2 Littimer Way, Ambarvale 02 4625 7333	Every 2 <sup>nd</sup> Tuesday 12.30-1.30pm	Free	Bus routes: 887, 888
<b>Ambarvale/Rosemeadow Community</b> Fruit and veggie box	6 Macbeth Way, Rosemeadow 0472 912 558	Thursday 11.30am	\$2	Bus Routes: 887, 888
<b>Whole Heart Communities</b> Food hampers, delivery or collection	223 Great Southern Road, Bargo 0402 406 492	Hours vary, phone or order online	\$20-50	1-minute walk from Bargo Station Bus routes 900, 911, 912 Home delivery available