







WJN Low Cost and Free Meals Directory- Inner West & Sydney City

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Organisation Name 	Address and Phone Number 	Service Provided 	Day and Time available 	Cost 	Transport 
Exodus Foundation (Takeaway meals only)	Ashfield Uniting Church, 180 Liverpool Road, Ashfield Phone: 8752 4600	Free takeaway meals everyday including weekends.	7 days a week (Monday-Sunday)	Free! No cost	7-minute walk from Ashfield Train Station Bus Routes: 406, 418, 464, 480, 483
The Salvation Army Street Level Café (As of 23/3 still doing takeaway)	Derby Lane (off Albion Street) Rear of 339 Crown Street, Surry Hills	Free takeaway lunch on weekdays.	Weekdays only (Monday-Friday) from 12pm-2pm	Free! No cost	15-minute walk from both Museum and Central Train Stations Bus Routes:

lunch, will need to call first before sending clients)	Phone: 9360 1321				352, 304, 338, 339, 374, 376, 391
Jordan Café (Newtown Mission)	280A King Street, Newtown Phone: 9519 9000	Free takeaway meals 4 days a week.	Takeaway meals only: Tuesday, Wednesday & Friday (1pm-3pm) Thursdays (6pm-8pm)	Free! No cost	3-minute walk from Newtown Station Bus Routes: 352, 370, 422, 423, 426, L23, 428, 430
Oz Harvest Market	147 Anzac Parade, Kensington Phone: 1800 108 006	Pop-up free supermarket- "Take what you need, give if you can"	Open Tuesday-Friday (10am-2pm)	Free! No cost	Bus Routes: 302, M10, 303, 348, 370, 391, 392, 399,
Wayside Chapel Cafe- Heart Cafe	95 Roscoe Street Bondi Beach Phone: 9581 9150	Affordable takeaway meals	7 days a week (7am-4pm)	Very low cost- items ranging from 20cents to \$4	Bus Routes: 333, 333N, 380
Wayside Chapel Café- Kings Cross	29 Hughes Street Potts Point Phone: 9581 9100	Affordable takeaway meals	7 days a week (7am-4pm)	Very low cost- items ranging from 20cents to \$4	6-minute walk from Kings Cross Station Bus Routes: 311
Addison Road Community Centre	142 Addison Road Marrickville	Low cost Grocer	Tuesday: 2pm-5pm	Low cost- highly affordable rates for fresh fruit,	Easily accessible by public transport.

	Phone: 9569 7633		Wednesday: 10am-2pm Thursday: 2pm-7pm Friday: 12pm-3pm	veggies, bread etc	15-minute walk from Stanmore Train Station Bus Routes: 428
Anglicare Mobile Community Pantry- Petersham	All Saints Church 325 Stanmore Road Petersham Phone: 9569 4735	\$10- fill a bag with groceries of your choice from the stock available	Every 2 nd Thursday (1:30pm-2:30p m)	\$10 contribution and fill a bag	6-minute walk from Petersham Train Station Bus Routes: 412, 445, 428

WJN Low Cost and Free Meals Directory- Canterbury/Bankstown

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Organisation Name 	Address and Phone Number 	Service Provided 	Day and Time Available 	Cost 	Transport 
Bankstown Meal on Wheels	Greenacre Senior Citizen Centre, 202 Waterloo Road, Greenacre Phone Number: 9707 9646	Home Meal Delivery	Delivery between Monday-Friday (11:30am-1:00pm)	Low cost. Anywhere between \$4 and \$12 per meal Registration is required. Call the organisation prior	Delivery to your door

Campsie Uniting Church	36 Evaline Street, Campsie Phone Number: 0409 648 623	Drop In: Fruit, Veg, Bread available through "SecondBite" Program	Tuesday and Thursday only (10:00am-12:30pm)	Free	5-minute walk from Campsie Train Station
Canterbury Meals on Wheels	2/2 Carrington Square, Campsie Phone Number: 9718 3093	Home Meal Delivery	Monday-Friday (10:30am-2:00pm)	Low cost. Anywhere between \$4 and \$12 per meal Registration is required. Call the organisation prior	Delivery to your door
Creating Links	58 Kitchener Parade, Bankstown Phone Number: 8713 7700	Emergency relief food vouchers	Monday-Friday (9:00am-5:00pm)	Free Must be on Centrelink benefits/have a referral	10-minute walk from Bankstown Train Station
Riverwood Community Centre	151 North Belmore Road, Riverwood Phone Number: 9533 0100	Hot meal now modified to takeaway only	Every Monday (6pm-8pm)	Free	7-minute walk from Riverwood Train Station Bus Routes: 940, 944, 945
St Vincent De Paul Society	2A East Terrace, Bankstown Phone Number: 9796 1176	Emergency food vouchers	As required (appointment necessary)	Free	6-minute walk from Bankstown Train Station

Metro Assist	Level 2/59-93 Evaline Street, Campsie Phone Number: 9789 3744	Food Parcels	As required (appointment necessary)	Free	8-minute walk from Campsie Train Station
Mountaha's Helping Hand	2/15-17 Gartmore Avenue, Bankstown Phone Number: 0405 610 693	Emergency food vouchers	As required	Free	Bus Routes: 487, 922, 923, 924, 945, M90, M91, M92
St Vincent De Paul Society	2A East Terrace, Bankstown Phone Number: 9796 1176	Food Parcel	During office hours 9:30am-12pm 1pm-3:30pm	Free	6-minute walk from Bankstown Station Bus Route: 807
Anglicare Mobile Community Pantry- Canterbury	33 Church Street Canterbury (Saint Paul's) Phone Number: 9789 5991	Community Pantry	Every second Friday (next is 3 rd April) 9:30am-10:30am	\$10 contribution and fill your bag	8-minute walk from Canterbury Train Station
The Staples Bag Campsie	449 Canterbury Road, Campsie Phone Number: 9787 6832	Bag of food	Monday-Friday (9:30am-4:30pm) Saturday (9am-2pm)	Anywhere between \$15-\$30 for a bag of groceries	15-minute walk from Campsie Station OR 20-minute walk from Canterbury Station

WJN Low Cost and Free Meals Directory- Fairfield

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Organisation Name 	Address and Phone Number 	Service Provided  Food Services	Day and Time Available 	Cost 	Transport 
Fairfield Food Services	11 Kenyon Street Fairfield, Phone Number: 9728 6939	Home Meal Delivery	Monday-Friday (7:30am-3pm)	Low cost. Anywhere between \$2 and \$12 for items. Registration is required. Call the organisation prior	Delivery to your door!

CORE Community Services	165 Railway Parade, Cabramatta Phone Number: 8707 0600	Emergency Food Vouchers	Monday-Friday	Free Clients need to be assessed prior and provide income statements	3-minute walk from Cabramatta Station
Anglicare Mobile Community Pantry- Cabramatta	42 Cumberland Street, Cabramatta (Cabramatta Anglican Church) Phone Number: 0498 000 778 OR 0422 771 477	Food Pantry	Every second Wednesday (7:30pm-8:30pm) Next is on 1 st April	\$10 contribution and fill a bag	5-minute walk from Cabramatta Station
St Vincent De Paul	248 Humphries Road, Mt Pritchard Phone Number: 9823 1222	Food Hampers & Food Cards	Monday-Thursday (9am-5pm)	Free	Bus Routes: 807
Anglicare Mobile Community Pantry Fairfield	St Barnabas Anglican Church, 10 Frederick Street, Fairfield Phone Number: 9724 1628	Food Pantry	Every second Thursday (1:30pm-2:30pm)	\$10 contribution for a bag of pantry items	Bus Routes: 802
Anglicare Mobile Community Pantry St Johns Park	St Johns Park Anglican Church,	Food Pantry	Every second Monday (1:30pm-2:30pm)	\$10 contribution for a bag of pantry items	Bus Routes: 802, 805

	73 Edensor Road, St Johns Park				
	Phone Number: 0400 774 238				

WJN Low Cost and Free Meals Directory- Greater Western Sydney

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Organisation Name	Address and Phone Number	Service Provided	Day and Time Available	Cost	Transport
					
Baulkham Hills Anglicare Mobile Community Pantry	Holy Trinity Anglican Church, Cnr Cook Street & Windsor Road, Baulkham Hills	\$10- fill a bag with groceries of your choice from the stock available	Every second Friday (next one is 27 th March) (1:30pm-2:30pm)	\$10 contribution and fill a bag	Bus Route: 610X, 600, 612X

	Phone: 0419 640 381				
Parramatta Mission	119 Macquarie Street Parramatta Phone Paul on: 0400 415 984	Takeaway meal packs available (in short supply)	Monday-Friday (11:30am-1:00pm)	No Cost	10-minute walk from Parramatta Station Bus Routes: 545
Harris Park Community Centre	11 Albion Street Harris Park Phone: 9635 0157	Food Parcels available (in short supply)	Monday-Friday (9am-4pm)	No Cost	6-minute walk from Harris Park Station 15-minute walk from Parramatta Station Bus Routes: 545, 906
CORE Community Services Run By: Exodus Foundation	16 Woodward Crescent, Miller Phone: 8717 1531	Take away hot meal and frozen meals to take home	Monday, Wednesday & Friday (11:30am-12:30pm)	Free	Bus Routes: 802, 803
Meals on Wheels-Liverpool	92 Memorial Avenue, Liverpool Phone: 9601 3728	Home meal delivery: Offers mini meals, frozen meals, as well as fresh meals with drinks, desserts etc	Monday-Friday	Low cost. Anywhere between \$4 and \$12 per meal Registration is required. Call the organisation prior	Delivered to your door!







Heckenberg Community Connect (at this stage still operating, recommends calling beforehand to make sure)	Oliveri Hall, 1 Tantangara Street, Heckenberg Phone: 9607 0077	Meal Hamper (i.e. ingredients to cook a meal)	Tuesday-Thursday (9:30am-3pm) Friday (9:30am-12:30pm)	\$7	Bus Routes: 827, S10
Care Community Services	6 Speed Street, Liverpool Phone: 9119 8727	Bread, fruit and vegetable boxes	Tuesday and Thursday only (12:30pm-1:30pm)	No cost	5-minute walk from Liverpool Train Station
Christ Mission Possible Penrith	Unit 3/30 Copeland Street, Kingswood Phone Number: 1300 435 728	Pre-packaged food hampers	Monday-Friday (9am-2pm)	Free	8-minute walk from Kingswood Train Station
Paying it Forward Homelessness	Phone Number: 0459 262 637	Pre-packaged meals		Free	Penrith area- exact location unknown
Barnardos Centre, Cranebrook	Hosking St, Cranebrook Phone Number: 4729 1211	Assistance with groceries and food parcels	Monday-Friday (9am-5pm)	Free	Bus Routes: 673, 783, 784, 786
Salvation Army Penrith (Freedom Centre)	2/54 Henry Street Penrith Phone Number: 4721 3076	Support, emergency food assistance	Monday-Friday (9am-4:30pm)	Free	12-minute walk from Penrith Train Station Bus Routes: 780, 782, 785, 786

Anglicare Food and Financial Assistance (Penrith Office)	Phone Number: 8624 8600 They are currently only taking clients if you book an appointment with them. Call the number provided and they will be able to assist	Assistance with groceries, food parcels	Monday-Tuesday (9am-3pm) Wednesday (12:30pm-7pm) Thursday (9am-3pm)	Dependant on services required	
Nepean Food Services	8 Jeanette Street, Regentville Phone Number: 4733 7200	Food delivery service	Monday-Friday (8:30am-3:30pm)	Low cost. Anywhere between \$4 and \$12 per meal Registration is required. Call the organisation prior	Delivered to your door!
Anglicare Mobile Community Pantry Auburn	Auburn Anglican Church, 48 Hall Street, Auburn Phone Number: 9649 7228	Mobile Community Pantry	Once a month: Fridays (10am-11:30am) Next is 3 rd April at this stage; can cancel	\$10 contribution and fill a bag	5-minute walk from Auburn Train Station

			depending on availability/restrictions		
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WJN Low Cost and Free Meals Directory- Macarthur//Campbelltown

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Organisation Name	Address and Phone Number	Service Provided	Day and Time Available	Cost	Transport
		 <p style="text-align: center;">Food Services</p>			

3 Pillars Relief Agency	Unit 1/5 Moorlands Road, Ingleburn Phone Number: 8119 5126	Emergency Food Hampers	Tuesday-Thursday (12pm-4pm) Fridays (12-3pm) Sunday (every last Sunday of the month)	\$30 donation for a hamper Order via phone or their Facebook page	18-minute walk from Ingleburn Train Station
Ambarvale/Rosemeadow Community	6 Macbeth Way, Rosemeadow Phone Number: 0472 912 558	Fruit and Veg boxes	Every Thursday @ 11:30am Subject to stock availability- please call in advance	\$2 donation for a fruit and vegetable box. Allowance of one hamper per fortnight	Bus Routes: 887, 888
Anglicare Campbelltown (FFA)	Shop 1 & 2/31-35 Chamberlain Street, Campbelltown Phone Number: 4621 6666	Emergency Food Relief	Monday-Friday (9am-5pm) Appointment only- must book an assessment.	Emergency relief in form of food parcels and financial assistance	15-minute walk from Campbelltown station Bus Routes: 870, 872
Anglicare Mobile Community Pantry	St Andrews Anglican Church, 1 Riverside Drive, Airds Phone Number: 0407 776 817	Mobile Community Pantry	Every second Wednesday (1pm-2pm)	\$10 for a bag of groceries of choice from stock available	Bus Routes: 884, 884W, 885A
Anglicare Mobile Community Pantry	Eagle Vale Anglican Church, 1	Mobile Community Pantry	Every second Wednesday (9:30am-10:30am)	\$10 for a bag of groceries of	Bus Routes: 878, 880, 877

	Emerald Drive, Eagle Vale Phone Number: 9820 2680			choice from stock available	
Anglicare Op Shop, Campbelltown Community Pantry	16-26 Dumaresq Street, Campbelltown Phone Number: 8774 7467	Community Pantry	Monday-Friday (9am-4:45pm) Saturday (9am-2:45pm)	\$10 for a bag of groceries of choice from stock available	8-minute walk from Campbelltown Train Station
Campbelltown Church of Christ	65 Woodhouse Drive, Ambarvale Phone Number: 4625 7981	Food Pantry	Monday, Tuesday & Thursday (9am-1pm)	\$10 \$20 OR \$30 hampers	Bus Routes: 887, 888,
Focus Connect	127 Dumaresq Street, Campbelltown Phone Number: 4627 1188	Food Vouchers	Monday-Friday (8:30am-4:30pm)	Assistance is based on individual assessment	15-minute walk from Campbelltown Station Bus Routes: 870, 871, 872
Nagle Centre Family Care and Support Service (St Vincent De Paul Society)	22 Lolanthe Street, Campbelltown Phone Number: 4628 2928	Food Vouchers by appointment only	Monday-Friday	Contact centre to book appointment. Residents of Campbelltown, Leumeah, Bradbury,	10-minute walk from Campbelltown Station

				Claymore or no fixed address.	
South West Multicultural & Community Centre	4 Surrey Street, Minto Phone Number: 9603 2500	Food hampers	Tuesdays (3:30pm-5pm)	\$10 per hamper Subject to availability. Call beforehand	4-minute walk from Minto Station
Tharawal Aboriginal Corporation	187 Riverside Drive, Airds Phone Number: 4628 4837	Food vouchers	By appointment only	Vouchers to purchase food. Based on assessment at appointment. Mainly for Aboriginal and Torres Strait Islander peoples.	Bus Routes: 884, 884W, 885A
The Junction Works	Tallowood Community Centre, 2 Littimer Way, Ambarvale Phone Number: 4625 7333	Community Pantry	Walk in service Monday-Friday	Discounted pantry items. Meat and fresh produce as available	Bus Routes: 887, 888
Whole Heart Communities- Our Community Pantry	223 Great Southern Road, Bargo Phone Number: 0402 406 492	Community Pantry and Hamper Service (click and collect)	Dates are subject to suburb area as to when you order and pick up. Details are on their website:	Prices vary	1-minute walk from Bargo Train Station

			https://www.ourcommunitypantry.com.au/our-hampers		
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