

FREE AND CHEAP MEALS - MACARTHUR REGION

The Macarthur emergency food resource contains information that is up to date at the time of publishing. Please notify community nutrition (4633 4179) of changes.

Organisation	Service	Time	Cost/Conditions	Transport	M	T	W	T	F	S	S
3 Pillars Relief Agency 1/5 Moorlands Rd Ingleburn Ph: 8119 5126	Food Hampers	Mon-Thurs 12-4.00pm Fri 12-3.00pm	\$25 per hamper. Order by phone or via facebook page.	Train 18 min walk	•	•	•	•	•		
ADRA 6 Mallee Pl Macquarie Fields Ph: 9829 6701	Food Hampers	Thurs 2.00-4.00pm	\$10 per hamper, hampers can be collected fortnightly. Visit centre to register. Discounted pantry items also available.	Bus 5 min walk				•			
	Emergency Food Relief	Mon-Thurs 9-5.00pm Fri 9-3.00pm	Emergency food relief in form of food items		•	•	•	•	•		
	Community Lunch	Every second Tues 12.00-1.30pm	Free - all welcome		•						
Ambarvale/Rosemeadow Community 6 Macbeth Way Rosemeadow	Fruit & Veg Boxes	Every Thurs 11.30	\$2 for a fruit and vegetable box. Allowance of one hamper per fortnight. See facebook page for further details.	Bus 2 min walk				•			
Anglicare Shop 1 & 2/31-35 Chamberlain St, Campbelltown Ph: 4621 6666	Emergency Food Relief	Mon-Fri 9:00 - 5:00pm Appointment required	Emergency relief in form of food parcels & financial assistance	Bus 5 min walk	•	•	•	•	•		
Anglicare 16-26 Dumaresq St Campbelltown Ph: 8774 7467	Community Pantry	Mon - Fri 9.00-4.45pm Sat 9.00-2.45pm		Bus 5 min walk	•	•	•	•	•	•	
Anglicare St Andrews Anglican Church 1 Riverside Dr Airs Ph: 0407 776 817	Mobile Community Pantry	Every second Wed 1.00-2.00pm	\$10 for a bag of groceries of choice from stock available. Pension, Health Care or Immigration Card required.	Bus 1 min walk			•				
Anglicare Eagle Vale Anglican Church 1 Emerald Dr Eagle Vale Ph: 9820 2680		Every second Wed 9.30-10.30am		Bus 1 min walk			•				
Australian Pacific & Maori Community Services AB Central - 52 Riverside Dr Airs Ph: 0412 345 945	Food Hampers	Wed 12-2.00pm	\$10 per hamper. Pre-order before 10.00am Wednesday.	Bus 2 min walk			•				
Break the Cycle Glenquarie Inc. 32 Edgar St, Macquarie Fields Ph: 9829 8898	Community Pantry	Tues, Wed, Thurs 9:30 - 2:30pm	\$20 + \$2 joining fee. Can shop once per week	Bus 5 min walk,	•	•	•				
	Food Vouchers & Assistance	Appointment required Tues, Wed, Thurs 9:00 - 2:00pm	Assessment appointment required. Catchment Glenfield-Campbelltown. Must be receiving Centrelink payments or job loss in family	Train 15min walk	•	•	•				
Campbelltown Church of Christ 65 Woodhouse Drive, Ambarvale Ph: 4625 7981	Emergency Food Relief	Tues & Thurs 9:30 - 12:30pm	Food relief in form of vouchers and food. Ambarvale, Rosemeadow & St Helen's Park residents.	Bus at site		•		•			
	Food Pantry	Mon, Tues, Thurs 9.00 - 1.00pm	\$10, \$20, \$30 bags. Concession card not required.		•	•		•			
	Community Lunch	Tues 11.30 - 12.30pm	Free - all welcome.		•						
Lomandra Community Project 4/5 Hollylea Rd Leumeah	Community Pantry	Tues - Fri 9.30-2.00pm	Includes pantry staples, school snacks and household items. Meal packs available for \$5 (feeds family 3-4) & \$10 (larger families)	Bus & train 8 min walk		•	•	•	•		
Macarthur Diversity Services Initiative 127 Dumaresq St Campbelltown Ph: 4627 1188	Food vouchers	Mon - Fri 8.30-4.30pm	Assistance is based on individual assessment	Bus 3 min, train 15min walk	•	•	•	•	•		
Macarthur Gateway 12 Browne St Campbelltown Ph: 4628 0008	Food Vouchers	Mon - Fri 9.00-4.30pm	Food vouchers for Aboriginal women with or without children. Paperwork to be completed at office, staff will provide assistance.	Bus & train 5min walk	•	•	•	•	•		
Nagle Centre Family Care & Support Service St Vincent de Paul Society 22 Iolanthe St Campbelltown Ph: 4628 2928	Food Vouchers	Mon-Fri by appointment	Contact centre to book appointment. Residents of Campbelltown, Leumeah, Bradbury, Claymore or no fixed address. Home visit for other suburbs. Nil concession card required.	Bus 5 min walk, Train 10 min walk	•	•	•	•	•		
	Community Breakfast	Mon-Fri 9.00-10.30am	Free for Macarthur Community members		•	•	•	•	•		
	Community Lunch	Mon - Fri 12:00 - 1:30pm			•	•	•	•	•		
	Community Dinner	Tues & Wed 5:30 - 6:45pm			•	•					
Nazfoodbank Sydney 6 Macbeth Way Rosemeadow Facebook: Nazfoodbank Sydney	Food Hampers	Fri 2.00pm	\$5 donation for mixed food hamper. Order through Facebook or present and pay	Bus 2 min walk					•		
South West Multicultural & Community Centre 4 Surrey St Minto Ph: 9603 2500	Food Hampers	Tues 3.30-5.00pm	\$10 per hamper. Meal available on collection.	Bus & train-5 min walk		•					
Tharawal Aboriginal Corporation 187 Riverside Drive, Airs Ph: 4628 4837	Community Kitchen	Monday lunch in school term	Free. Cook and share affordable and nutritious foods. Run by the dietitian	Bus at site	•						
	Food Vouchers	By appointment	Vouchers to purchase food. Based on assessment at appointment. Mainly for Aboriginal or Torres Strait Islander people.		•	•	•	•	•		
	Good Tucker Fruit & Veg	Deliver on Tuesday	\$20 per box of fruit & veg. Can be delivered to home or picked up from centre. Required to complete registration form.		•						

CAMPBELLTOWN

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CAMPBELLTOWN The Junction Works Claymore Community Centre 9 Gould Road Claymore Ph: 4626 2007	Community Pantry	Wed & Fri 10.00-2.00pm	\$10 per bag, \$20 for 3 bags and \$15 per meat bag.	Bus at site			•		•				
	Food Express - Food Relief	Mon 2.00pm until unavailable	Food relief in form of food items		•								
	Shining Star Community Lunch	Mon 12.00-1.00pm (except public holidays)	Coin donation optional		•								
	Kalon Community Lunch	Second & fourth Tuesday of month 12-2.00pm	Free		•								
The Junction Works Tallowood Community Centre 2 Littimer Way, Ambarvale Ph: 4625 7333	Community Pantry	Tues 11:00am - 12:30pm	Discounted pantry items. Meat and fresh produce when available.	Bus 1 min walk	•								
	Community Lunch	Every second Tues 11.30-12.30pm	Free		•								
The Junction Works Macbeth Way Community Centre 6 Macbeth way, Ambarvale Ph: 4625 7333	Community Lunch	Fourth Thurs of month 12:00 - 1:30pm	Free	Bus 2 min walk				•					
We are Community 18 Blaxland Rd Campbelltown Ph: 0430 391 971	Breakfast Service	Sat 8.00-10.30	Free Washing machines, dryers, showers, clothing, toiletries and books also available.	Bus 10 min walk, Train 15 min walk							•		
	Roast dinner Service	First Sunday of month 5.00pm	Free. Hair cuts also available.									•	
	Night Patrol Meal delivery	Mon - Fri	Referral required from local organisation e.g. Anglicare or Argyle Housing. If homeless, no referral required, will meet in safe place of your choosing.	N/A	•	•	•	•	•				
Organisation	Service	Time	Cost/Conditions	Transport	M	T	W	T	F	S	S		
WOLLONDILLY Anglicare 137 Remembrance Dr Tahmoor Ph: 9895 8011	Community Pantry	Mon - Fri 9.00-4.45pm Sat 9.00-2.45pm	\$10 for a bag of groceries of choice from stock available. Pension, Health Care or Immigration Card required.	Train 5 min walk	•	•	•	•	•	•			
	Emergency Food Relief	Call the helpline anytime and leave a message with your details	Emergency relief in form of food parcels and financial assistance. Wollondilly residents only.	N/A									
	Whole Heart Communities Our Community Pantry 223 Great Southern Rd Bargo Ph: 0402 406 492 Facebook: Our Community Pantry	Click and Collect Meals	Order Tues 2-5pm Collect Tues 4-7pm	\$6 and \$10 (Family size) meals. Meals listed on facebook page, menu changes weekly	Train 1 min walk		•						
Community Pantry		General Shop Tues 10.30-1.00pm & Wed 6-8.00pm Hampers Fri 6-8.00pm	General Shop: Discounted groceries and household items Hampers: \$30 & \$50 hampers. Order by 9am Friday	•		•		•					
Organisation	Service	Time	Cost/Conditions	Transport	M	T	W	T	F	S	S		
CAMDEN Big Yellow Umbrella/Dignity 16-24 Queen St Narellan Ph: 1300 332 334	Free Food Relief Program	Every second Monday 11.00-11.30am	Free fruit and vegetables. Bring a bag or box to take what you need.	Bus 2 min walk	•								
	Emergency Food Relief	Call the helpline anytime and leave a message with your details	Emergency relief in form of food vouchers.	N/A									
	Turning Point Camden Unit 1/33 Elizabeth St, Camden Ph: 4655 1567 Contact form on website: www.turningpointcamden.org.au/	Food Vouchers	Wed - Fri 10:00 - 2:00pm	Free. Interview at first visit to discuss assistance needed. Appointment preferred but can just drop in. Food vouchers subject to availability.	Bus 5 min walk			•	•	•			
		Community Pantry	Fri 9.30-11.00am	Optional cold coin donation					•	•			
Community Lunch		Wed & Thurs 12.00-12.30pm						•	•				
Organisation	Service	Time	Cost/Conditions	Transport	M	T	W	T	F	S	S		
WINGECARRIBEE Anglicare Mittagong Anglican Church Cnr of Main and Station Streets Ph: 4871 1947	Mobile Community Pantry	Every second Fri 10.30-11.30am	\$10 for bag of groceries of choice from stock available. Pension, Health Care or Immigration Card required.	Train 3 min walk					•				
		Every second Fri 1.00-2.00am		Bus & train 10 min walk						•			
	St Vincent De Paul Society 248 Bong Bong St Bowral Ph: 4861 2852	Emergency Food Relief	Tues & Thurs 10.00-2.00	Emergency relief, providing 10-12 items of food. Appointment required, call before attending	Bus & train 5 min walk	•			•				