

FOOD DONATION

Our region will become healthier and more sustainable and many people will benefit as less good food is wasted.

We encourage food businesses, growers, retailers, markets and processors to donate surplus food rather than send it to landfill. **Many of the services listed in this directory accept donations of food and resources.** Check the listings, and get in touch. You just might find that your excess food could really help someone in need!

OzHarvest

will collect quality perishable food from commercial outlets and deliver it free of charge to charities assisting vulnerable people.

www.ozharvest.org.au

Call 1800 108 006 for more information.

SecondBite

rescues and redistributes surplus fresh food, and provides food skills and nutrition advocacy. If you run a community food program, you can enquire about food donations and nutrition programs.

www.secondbite.org

Call 1800 263 283

CONTACT

Kiama Municipal Council, Shellharbour City Council and Wollongong City Council are pleased to bring you the Low Cost and Free Meals Directory.

It aims to link people in need with good nutritious food, to help stop good food going to waste, and to encourage donors to connect with service providers.

For more information please visit our websites, or call our Customer Service centres.

This resource was made possible through the generous support of Illawarra Shoalhaven Local Health District.



Illawarra Shoalhaven Local Health District

Health Promotion Service
4221 6728

HealthPromotion.ISLHD@sesiahs.health.nsw.gov.au



Kiama Municipal Council

11 Manning Street, Kiama NSW 2533
4232 0444 www.kiama.nsw.gov.au



Shellharbour
CITY COUNCIL

Shellharbour City Council

Lamerton House, Lamerton Crescent,
Shellharbour City Centre
4221 6111 www.shellharbour.nsw.gov.au



Wollongong City Council

41 Burelli St, Wollongong
4227 7111 www.wollongong.nsw.gov.au

Wollongong City Council is proud of the work that has been done by many in the preparation of this directory, but is unable to warrant it is complete or accurate or to accept any liability for loss, damage or inconvenience arising from its use.



LOW COST & FREE MEALS DIRECTORY

ILLAWARRA

WELCOME

Kiama Municipal Council, Shellharbour City Council and Wollongong City Council share a vision for a fair and sustainable food system.

This means ensuring that food is not wasted, and that *everyone* in our community has the opportunity to access good, nutritious food.

The Low Cost and Free Meals Directory helps connect you with services who welcome the community to share good food, company and support.

Low Cost Meals and Breakfast Programs

Finding a cheap, healthy meal can be hard. Some services offer classes to learn skills to cook from scratch on a budget. Local clubs and hotels often offer lunch and dinner specials, with kids eating for free. Look out for excellent cafes and restaurants with 'pay it forward' schemes, where customers pay a little extra which is matched by the owners so that others can benefit from a free coffee or monthly community meal.

Over 30 local schools, neighbourhood and community centres offer free breakfast programs for school kids. Call your local public school to find the breakfast program nearest you.

KEY SERVICES

Centrelink

132 850

Exceptional Circumstances Relief Help.

Lifeline

13 11 14

Crisis support. Suicide prevention.

Transport Infoline

131 500

www.transportnsw.info

Wollongong Homeless Hub

4244 4144

Frontline service for families, couples, young people and individuals.

Meals on Wheels

Northern Illawarra 4285 6126

Wollongong 4226 5869

Port Kembla 4274 8230

Kiama 4232 3735

HEALTHY EATING & BUDGET COOKING

Stir it up! is a project which supports people to learn to cook and demonstrate healthy eating and good food in their local community.

Contact 4221 6777 or 4283 8111

For Good Health remember to: choose water as a drink, choose healthier snacks, eat more fruit and vegetables, and get active every day. **Illawarra Shoalhaven Local Health District's Health Promotion team** offer a range of healthy eating and active living programs.

Contact 4221 6728

Look for the **LCS** and **FP** symbols inside to find low cost shopping and food parcels. These include opportunities to find fresh fruit and veg, grocery, meat and staple items at low or no cost.

Getting involved in **local community gardens** and attending **free Council workshops** are great ways to learn about growing, cooking and storing your own food. **Farmers markets** selling fresh seasonal produce operate in Bulli, Wollongong and Kiama.

Contact your local Council for details.

WEEKLY FREE MEALS CALENDAR

	Time	Meal	Provider	Location
Monday	8:00 – 10:00am	Breakfast	Careways Community	DAPTO
	9:00 – 10:30am	Youth breakfast	CHAIN	WOLLONGONG
	10:00am	Morning tea	Anglicare Coffee Shop	WOLLONGONG
	10:30am – 1:30pm	Community lunch	Darcy House	PORT KEMBLA
	11:00am – 1:00pm	Community lunch	Wesley Community Care	WOLLONGONG
	11:30am – 12:30pm	Community lunch	Warrawong Community Kitchen	WARRAWONG
	5:30 – 6:30pm	Evening meal	Vinnie's Van	WARRAWONG
	7:00 – 8:00pm	Evening meal	Vinnie's Van	WOLLONGONG
Tuesday	9:00 – 10:30am	Youth breakfast	CHAIN	WOLLONGONG
	10:00am – 1:00pm	Morning tea, lunch	Wesley Community Care	WOLLONGONG
	10:30am – 1:30pm	Community lunch	Darcy House	PORT KEMBLA
	11:30am – 12:30pm	Community lunch	Warrawong Community Kitchen	WARRAWONG
	4:30 – 8:30pm	Youth dinner	Youth Off The Streets	BERKELEY
	5:30 – 7:30pm	Dinner	Gateway City Church	MANGERTON
Wednesday	9:00 – 10:30am	Youth breakfast	CHAIN	WOLLONGONG
	10:30am – 1:30pm	Community lunch	Darcy House	PORT KEMBLA
	11:00am – 1:00pm	Morning tea, lunch	Wesley Community Care	WOLLONGONG
	11:30am	Community lunch	Bellambi Neighbourhood Centre	BELLAMBI
	11:30am – 12:30pm	Community lunch	Warrawong Community Kitchen	WARRAWONG
	5:30 – 6:30pm	Evening meal	Vinnie's Van	WARRAWONG
	7:00 – 8:00pm	Evening meal	Vinnie's Van	WOLLONGONG
Thursday	8:00 – 10:00am	Breakfast	Careways Community	DAPTO
	9:00 – 10:30am	Youth breakfast	CHAIN	WOLLONGONG
	10:30am – 1:30pm	Community lunch	Darcy House	PORT KEMBLA
	11:00am – 1:00pm	Morning tea, lunch	Wesley Community Care	WOLLONGONG
	11:30am – 12:30pm	Community lunch	Warrawong Community Kitchen	WARRAWONG
	4:30 – 8:30pm	Youth dinner	Youth Off The Streets	BELLAMBI
	5:00 – 7:00pm	Community dinner	Manna House	FIGTREE
	5:00 – 7:00pm	Evening meal	Manna Van	WARRAWONG
	5:00 – 9:00pm	Youth drinks, snacks	TDF Street Beat	WOLLONGONG
	5:00 – 9:00pm	Youth drinks, snacks	TDF Street Beat	SHELLHARBOUR
	6:00pm	Dinner & dessert	Lighthouse	WOLLONGONG
Friday	9:00 – 10:30am	Youth breakfast	CHAIN	WOLLONGONG
	10:00am	Morning tea	Anglicare Coffee Shop	WOLLONGONG
	10:30am – 1:30pm	Community lunch	Darcy House	PORT KEMBLA
	11:00am – 1:00pm	Morning tea, lunch	Wesley Community Care	WOLLONGONG
	12:30pm	Monthly lunch	Neighbourhood Centre	THIRROUL
	3:30 – 7:00pm	Youth drinks, snacks	TDF Street Beat	BERKELEY
	4:30 – 8:30pm	Youth dinner	Youth Off The Streets	BERKELEY
	5:30 – 6:30pm	Evening meal	Vinnie's Van	WARRAWONG
	5:30 – 6:30pm	Community dinner	Shellharbour City Baptist Church	WARILLA
	6:30 – 8:30pm	Community dinner	City Life Community Initiatives	PORT KEMBLA
	7:00 – 8:00pm	Evening meal	Vinnie's Van	WOLLONGONG

Want to be listed in the Low Cost and Free Meals Directory?
Please contact Wollongong City Council, details over page.



Low Cost and Community Shopping



Low Cost Meals



Free Meals

SERVICE PROVIDER DETAILS

Anglicare	152 Keira St, Wollongong 4229 7911	Morning tea, emergency food relief	ER FM
Bellambi Neighbourhood Centre	Corner of Cowley St and Rothery Rd, Bellambi 4285 3715	Breakfast, lunch. Community shop 9:30am – 12:30pm, Monday – Friday	LCS ER FM D
Careways Community	Dapto Neighbourhood Centre, Princes Hwy, Dapto 4262 1918	Breakfast	FM FP
Citylife Community Initiatives	Port Kembla Community Centre, corner Church and Wentworth St, Port Kembla 4284 4414	Community dinner	FM
Corrimal Region Uniting Church	Uniting Church Hall Russell St, Corrimal 4284 4154	Light lunch, Enz Meet Cafe	FM
CHAIN	1a Denison St, Wollongong 4226 5816	Breakfast 12-24 youth	FM
Darcy House	Lot 1 Old Port Rd, Port Kembla 4276 3900	Breakfast, lunch	FM ER D
The Denny Foundation (TDF)	StreetBeat sets up at McCabe Park, Wollongong; Shopping Centre, Berkeley. Office located at 2 Commerce Drive, Warilla 4297 2220	Youth outreach serves drinks and snacks; Low cost food parcels by appointment Tuesday and Friday	MS FRR D LCS
Inspire Wollongong Community Food Care	35 Kurrawa Cres, Koonawarra 4261 8336	Low cost food shopping available to residents of 2530 postcode	LCS D FRR
Gateway City Church	Myuna Way, Mangerton 4226 4466	Evening meal, partnership with New Day Church	FM MS
House of Hope Food Barn	243 Shellharbour Rd, Warrawong 4274 3837	Low cost food shopping, redistribution of food from major donors	LCS D FRR FP
Lighthouse	1 Railway Square, Wollongong 4229 9744	Community dinner, community kitchen	FM
Manna House	Figtree Anglican Church, 4-10 Gibsons Rd, Figtree. Manna Van sets up at Warrawong Community Centre 4272 1322	Hot evening meals served in the church dining hall, or from the Manna Van	FM MS D
Need A Feed	Works in partnership with community organisations to redistribute donated food. 0404 474 880	Food collection, redistribution, emergency food relief	FRR FP LCS ER
Port Kembla Community Project	Corner Church and Wentworth St, Port Kembla 4276 3433	Food Buyers Group	LCS
Shellharbour City Baptist Church	Corner of William and Antrim Ave, Warilla 4296 8091	Community meal, emergency relief, by appointment	FM ER D
Shellharbour City Community Church	500 Shellharbour Rd, Shellharbour 4297 3549	Food Care low cost groceries Thursday 10:00am – 1:00pm Friday 10:00am – 12:00pm	LCS D FP
St Vincent de Paul	41 Central Ave, Oak Flats 4256 6266	By appointment	FP ER
Thirroul Neighbourhood Centre	Thirroul District Community Centre 4267 2500	Community lunch 12:30pm first Friday of the month. Food Campaign 2515 food drive.	FM ER D FP
Vinnies Van	Sets up Monday, Wednesday, Friday at: Warrawong Community Centre, Green St, Warrawong Wollongong Train Station 4228 8140 0476 532 002	Meals and a cuppa served from the van	MS D FM
Warrawong Community Kitchen	9 Greene St, Warrawong 4275 1875	Morning tea Monday – Thursday 9:30 – 10:30am, community lunch	FM ER D
Wesley Community Care	Behind the Church on the Mall, 116 Crown St, Wollongong 4229 3117	Morning tea, community lunch	FM D
Youth Off The Streets	Berkeley Outreach, Berkeley Neighbourhood Centre (Tues, Fri). Bellambi Outreach, Bellambi Neighbourhood Centre (Thurs) 9330 3545 0418 271 580	Youth activities, sport, arts and crafts, music, dance and free meal	FM

D Accepts Donations

FP Food Parcels

ER Emergency Relief

MS Mobile Service (Vans)

FRR Food Rescue and Redistribution