














































# Weekly Free Meals Calendar

	Time	Meal	Provider	Location
Monday	8am - 9.30am	Community breakfast	Careways Community	DAPTO
	9am - 10.30am	Youth breakfast	CHAIN	WOLLONGONG
	9.15am - 1.30pm	Breakfast, lunch	Port Kembla Hopestreet	PORT KEMBLA
	11am - 1pm	Community lunch	Wesley Community Care	WOLLONGONG
	5.30pm - 6pm	Evening meal	Vinnie's Van	WARRAWONG
	6.30pm - 7pm	Evening meal	Vinnie's Van	WOLLONGONG
Tuesday	7.30am - 9am	Community breakfast	Careways Community	KOONAWARRA
	9am - 10.30am	Youth breakfast	CHAIN	WOLLONGONG
	9.15am - 1.30pm	Breakfast, lunch	Port Kembla Hopestreet	PORT KEMBLA
	11am - 1pm	Community lunch	Wesley Community Care	WOLLONGONG
	11.30am - 12.30pm	Community lunch	Warrawong Community Kitchen	WARRAWONG
	5.30pm - 6.30pm	Dinner	Manna House Van	UNANDERRA
5pm - 7pm	Dinner	Awaken Church Food Care	MANGERTON	
Wednesday	7.30am - 9am	Community breakfast	CareWays Community	KOONAWARRA
	9am - 10.30am	Youth breakfast	CHAIN	WOLLONGONG
	9.15am - 1.30pm	Breakfast, lunch	Port Kembla Hopestreet	PORT KEMBLA
	11am - 1pm	Community lunch	Wesley Community Care	WOLLONGONG
	11am - 1pm	Light lunch	Corrimal Uniting Church	CORRIMAL
	11.30am	Community lunch School terms only	Bellambi Neighbourhood Centre	BELLAMBI
11.30am - 12.30pm	Community lunch	Warrawong Community Kitchen	WARRAWONG	
5.30pm - 6pm	Evening meal	Vinnie's Van	WARRAWONG	
6.30pm - 7pm	Evening meal	Vinnie's Van	WOLLONGONG	
Thursday	8am - 9.30am	Community breakfast	Careways Community	DAPTO
	9.15am - 1.30pm	Youth breakfast	CHAIN	WOLLONGONG
	9am - 1pm	Breakfast, lunch	Port Kembla Hopestreet	PORT KEMBLA
	11am - 1pm	Community lunch	Wesley Community Care	WOLLONGONG
	11.30am - 12.30pm	Community lunch	Warrawong Community Kitchen	WARRAWONG
	5pm - 7pm	Community dinner	Manna House	FIGTREE
5.30pm - 6.15pm	Evening meal	Vinnie's Van	ALBION PARK	
6pm	Community dinner	Lighthouse	WOLLONGONG	
Friday	9am - 10.30am	Youth breakfast	CHAIN	WOLLONGONG
	9.15am - 1.30pm	Breakfast, lunch	Port Kembla Hopestreet	PORT KEMBLA
	11am - 1pm	Community lunch	Wesley Community Care	WOLLONGONG
	5.30pm - 6.30pm	Community dinner School terms only	Shellharbour City Baptist Church Assist Shellharbour	LAKE ILLAWARRA
	7pm	Dinner	Fairy Meadow Community Centre	FAIRY MEADOW
	7pm - 8pm	Community dinner	City Life Community Initiatives	PORT KEMBLA

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
-  Emergency Relief
-  Free Meals
-  Mobile Service (Vans)
-  Accepts Donations
-  Food Rescue and Redistribution
-  Food Parcels

# Service Provider Details

<b>Anglicare</b>	152 Keira St, Wollongong <b>8624 8600</b>	Emergency food relief by appointment only Mon-Fri 9am - 4pm Closed 1-2pm	
<b>Awaken Church Food Care</b>	Myuna Way, Mangerton <b>4226 4466</b>	Evening meal, partnership with New Day Church - Tue 5pm - 7pm	 
<b>Bellambi Neighbourhood Centre</b>	Corner of Cawley St and Rothery Rd, Bellambi <b>4285 3715</b>	Community shop 9.30am - 1pm	 
<b>Careways Community</b>	Dapto Ribbonwood Centre, 93 - 109 Princes Hwy, Dapto and Koonawarra Community Centre 36 Fowlers Rd, Koonawarra <b>4262 1918</b>	Community Breakfast Dapto Mon & Thur 8am - 9.30pm Koonawarra Tues & Wed - 7.30am - 9pm	
<b>Citylife Community Initiatives</b>	Port Kembla Community Centre, Cnr Church and Wentworth St, Port Kembla <b>4284 4414</b>	Community dinner Fri 7pm - 8pm	
<b>Corrimal Region Uniting Church</b>	Uniting Church Hall Russell St, Corrimal <b>4285 5060</b>	Light lunch at Enz Meet Cafe Wed 11am - 1pm	
<b>CHAIN</b>	1A Denison St, Wollongong <b>4240 4800</b>	Breakfast Mon - Fri Ages 12-24 (Youth) Food Vouchers 9am - 12pm	
<b>Fairy Meadow Community Centre</b>	17A Princes Hwy, Fairy Meadow (opp Wallworths) Shane Teinaki <b>0447 025 008</b>	Dinner Friday from 7pm	 
<b>Inspire Wollongong Community Food Care</b>	35 Kurrawa Cres, Koonawarra <b>0435 370 530</b>	Low cost food shopping for residents of 2530 postcode Thur 10am - 12.30pm	  
<b>Lighthouse</b>	1 Railway Square, Wollongong <b>4229 9744</b>	Community dinner, Lighthouse Community Kitchen Thur 6pm	
<b>Manna House</b>	Manna House Figtree Anglican Church, 4-10 Gibsons Rd, Figtree Manna Van Unanderra Community Centre Princes Hwy Unanderra <b>4272 1322</b> info@myfac.org.au	Hot evening meals Tue 5.30 - 6.30pm Manna Van Thur 5 - 7pm Manna House	  
<b>Mobile Community Pantry</b>	St Marks West Wollongong 4pm - 5pm (every 2nd Mon) Anglicare Church 10.30am - 11.30am (every 2nd Mon) Second Chance Op Shop Berkeley 1.30pm - 2.30pm (every 2nd Tues) Figtree Anglican Church 5pm - 6pm (every 2nd Thurs) <b>4229 7911</b>	Low cost groceries for community members with a Pension, Health Care or Immigration Card	 
<b>Need A Feed</b>	Works in partnership with community organisations to redistribute donated food. food@needafeed.org	Food collection, redistribution, emergency food relief	 
<b>Port Kembla Community Project</b>	Cnr Church and Wentworth Sts, Port Kembla <b>4276 3433</b>	Food Buyers Group	 
<b>Port Kembla HopeStreet</b>	27-29 Wentworth St, Port Kembla <b>4298 2800</b>	Breakfast Mon - Fri 9.15am - 11am Lunch Mon - Fri 11am - 1.30pm	 
<b>Salvation Army</b>	11-13 Burelli St, Wollongong <b>1300 371 288</b>	Food Parcels	  
<b>Shellharbour City Baptist Church</b>	Cnr of William and Antrim Ave, Warilla <b>4296 8091</b>	Community meal, emergency relief, by appointment	  
<b>Shellharbour City Community Church</b>	500 Shellharbour Rd, Shellharbour <b>4297 3549</b>	Food Care low cost groceries Thurs 10am - 1pm Fri 10am - 12pm	  
<b>St Vincent de Paul</b>	41 Central Ave, Oak Flats <b>4256 6266</b>	By appointment	 
<b>Vinnies Van</b>	Warrawong Community Centre, 9 Green St, Warrawong Mon & Wed 5.30pm - 6pm Wollongong Train Station, Western Side Mon & Wed 6.30pm - 7pm Bellambi Neighbourhood Centre, 49A Cawley St, Bellambi Fri 5.30pm - 6pm <b>4228 8140</b> Albion Park Rail Community Centre Cnr Ash Ave & Tongarra Road Thur 5.30pm - 6.15pm <b>4256 4404</b>	Meals and a cuppa served from the van	   
<b>Warrawong Community Kitchen</b>	Warrawong Community Centre, 9 Green St, Warrawong <b>4275 1875</b>	Free community lunch Tues, Wed & Thur 11.30am - 12.30pm	
<b>Wesley Community Care</b>	Behind the Church on the Mall, 116 Crown St, Wollongong <b>4229 2117</b>	Morning tea, community lunch Mon to Fri 11am - 1pm Orange Sky Laundry - Thur	  
<b>Wollongong Homeless Hub</b>	75-79 Kiera Street Wollongong <b>4228 0955</b>	Breakfast, one-off food packs	