



South Eastern Sydney: St George & Sutherland Shire Community Food Access Guide

A guide to healthy and affordable meals and foods

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How To Use This Guide

For access to cheap and healthy groceries and meals at your fingertips.

This booklet contains various locations across the South Eastern Sydney area. All the details you need to know on how to access and contact each organisation is provided including a weekly calendar and map for each area found on pages 6, 7, 18 and 19. It is recommended that clinicians print these pages as well as the additional pages as indicated relevant to consumers.

Use the below symbols as a guide to see what each location provides:



Cooked meals: Available either on-site or for home delivery



Groceries: Fresh and non-perishable foods



Bring your pension, immigration, healthcare, concession or Centrelink card

Look out for extra opportunities too

Some places listed may offer activities such as volunteering, work experience and financial support services. Check the bottom of each listing for more information.

This guide has been developed as part of the Keeping the Body in Mind Program, South Eastern Sydney Mental Health Service and as part of a dietetics placement project by Madeline Parsons under the supervision of Rebecca Jarman and Katie Dalton. Images obtained from Google. Last updated June 2021.

Important Information

COVID-19 Updates

During the current COVID-19 pandemic, some of the information of the organisations listed may have changed or they may no longer be in operation. Please call, email or visit their websites for the latest updates and opening details.

Concession Cards

Some centres will require a specific card to use their services.

Double check this guide or call the location before visiting to see if you are able to access their services and take a valid card along with you if you have one.



Examples of cards you may require to use a service includes:

- Centrelink Health Care Card
- Pensioner Card
- Immigrant Card



Transport: Activus Transport

Activus Transport offers premium personalised service in cars and small buses to destinations in the Sutherland Shire, St George, Sydney city and surrounding areas.

They offer low fixed cost transport, easy phone bookings, friendly staff and assistance for people with mobility needs.

They also offer Health and Wellbeing services, where they can provide medical transport to and from medical appointments as well as social transport for entertainment, social clubs, libraries, arts and culture and sports events.

People who receive NDIS funding can also access this service at a cheaper rate.

Information about their full list of services, fees and more can be found at:

- Web: <http://www.activustransport.org.au/>
- Phone: (02) 8555 0000
- Email: info.transport@activus.org.au



ACTIVUS
TRANSPORT

NDIS: Funded Meals



The NDIS provides funding and support for people through 'Core Supports' category. If you receive funding from the NDIS, you can access cheap, healthy meals through NDIS approved Food Service Providers. The NDIS will cover part of the costs for these services.

Meals can be funded under the 1.01 "Assistance with daily living" Support Category.

Individuals do not necessarily need meals outlined in their NDIS package, they just need to have funding under 'Core Supports' to utilise it for purchasing meals.

Contact the NDIS for more information, or to see if they are eligible for this service.

























Phone: 1800 800 110 **Web:** <https://www.ndis.gov.au/> **NDIS Line Item:** 01_022_0120_1_1

NDIS Approved Meal Service Providers:

Please note, each of these providers require approximately \$2.00 co-payment per meal. The NDIS will subsidise the remained of the cost.

A Life Plus (A+) www.alifeplus.com.au	Options: 3, 5 or 7 day meal plans or single meals (02) 8091 4087
Dineamic www.dineamic.com.au	Options: Wide range of meals available (03) 8669 0587
Kinela www.kinela.com	Options: Wide range of meals designed by Dietitians and delivered to your door 1800 431 619
Nourish'd www.nourishd.com.au	Options: Wide range of options, ranging from 5 meals and more (07) 3051 0430
Hit 100 Meals www.hit100.com.au	Options: 7, 14 or 21 main meal pack options, wide range of healthy snacks available 1300 448 100
The Good Meal Co. www.goodmeal.com.au	Options: 7, 14 or 21 main meal pack options, wide range of healthy snacks available 1800 155 255 hello@goodmeal.com.au
Tender Loving Cuisine (TLC) www.tlc.org.au	Options: 7, 10 or 14 main meal pack options, desserts available 1800 801 200 clientservices@tlc.org.au

St George Community Area: Weekly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. Riverwood Community Centre Time: 5:30 – 6:30pm Cost: Free Contact: 9533 0100</p> 	<p>3. Mobile Community Pantry San Souci – <u>every second Tuesday</u> Time: 1:30-2:30pm Cost: \$10 groceries, \$2 fresh food Contact: 9529 6141</p>  	<p>5. The Kogarah Storehouse Time: 10-11:30am & 12-1pm Cost: Free Contact: 9587 5761</p>  	<p>9. Mobile Community Pantry Kogarah – <u>every second Thursday</u> Time: 2-3pm Cost: \$10 groceries, \$2 fresh food Contact: 9587 5951</p>  	<p>11. Body 'n' Soul – <u>first Friday of each month</u> Time: 12:30-1:30pm Cost: Free Contact: 9570 2617</p> 
<p>2. St Elesa Food Initiative Time: 5-6pm Cost: Free Contact: 9590 0628</p> 	<p>4. Bay City Community Food Care Time: 10:00am-1:00pm & 5:30pm-6:30pm Cost: cheapest hamper \$8 Contact: 9597 1477</p>  	<p>6. Allawah Care Time: 4-5pm Cost: Free Contact: 0434 394 920</p>  	<p>10. Mobile Community Pantry Riverwood – <u>every second Thursday</u> Time: 9:30-10:30am Cost: \$10 groceries, \$2 fresh food Contact: 9153 7624</p>  	<p>12. Monday – Friday, St Vincent's de Paul Society Community Support Centre Time: 9am – 4pm Cost: Free Contact: 9580 2459</p>  
		<p>7. George's River Life Care – <u>1st and 3rd Wednesday of each month</u> Time: 10am – 11pm Cost: Free Contact: 9153 6300</p>  	<p>4. Bay City Community Food Care Time: 10:00am-1:00pm & 5:30pm-6:30pm Cost: cheapest hamper \$8 Contact: 9597 1477</p>  	<p>13. SHARE SMR Inc – <u>Monday to Friday</u> Cost: Free Contact: 8580 0628</p> 
		<p>8. Rockdale Salvos Time: 10am – 1pm Cost: Low cost Contact: 9597 3866</p>  		<p>15. Crateful Group – <u>Monday to Friday</u> Cost: Varies Contact: cratefulgroup@gmail.com</p>



Cooked meals



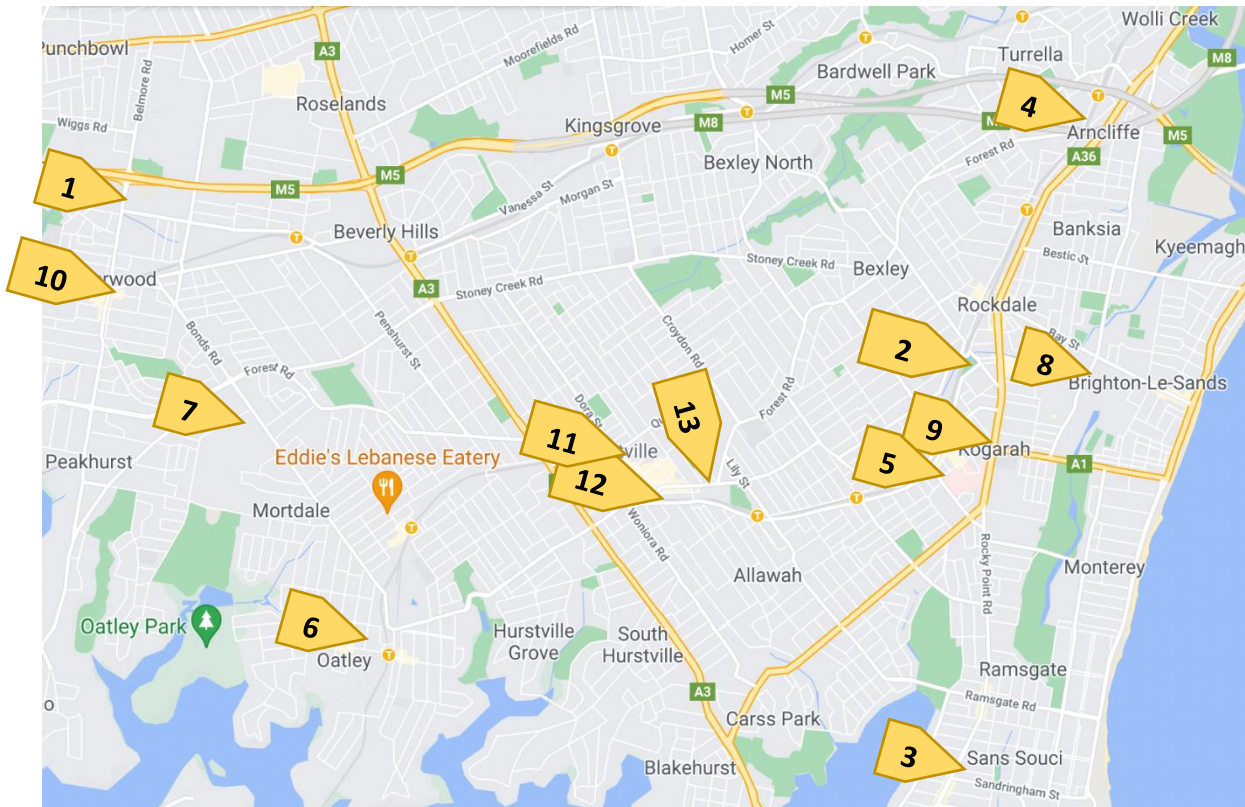
Groceries



Bring your pension, immigration, healthcare, concession or Centrelink card

St George Community Area

Community map of food service areas: St George

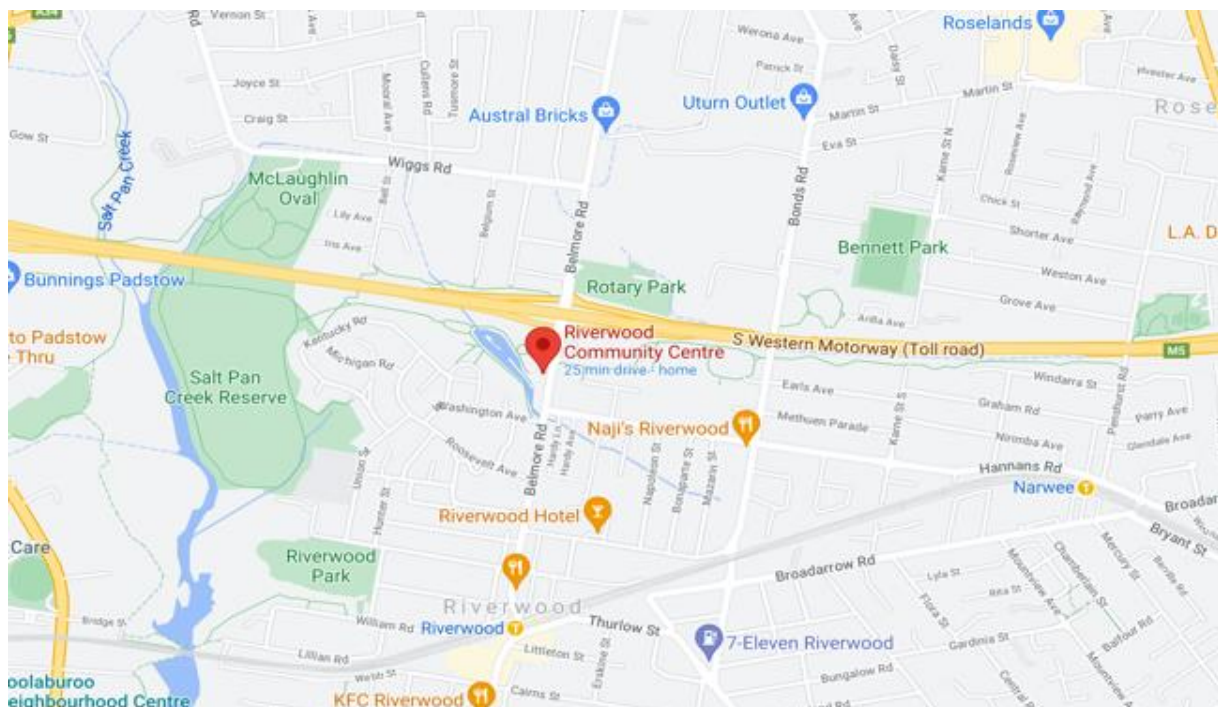


1. Riverwood Community Centre	2. St Elesa Food Initiative
3. Mobile Community Pantry – St Paul’s Anglican Church, San Souci	4. Bay City Community FoodCare, Arncliffe
5. The Kogarah Storehouse	6. Allawah Care
7. George’s River Life Care	8. Rockdale Salvos
9. Mobile Community Pantry – St Paul’s Anglican Church, Kogarah	10. Mobile Community Pantry – Riverwood Anglican Church, Riverwood
11. Body ‘n’ Soul, Hurstville	12. St Vincent’s de Paul Society Community Support Centre
13. SHARE SMR Inc	14. ONLINE – Reaching; food and material relief

1. Riverwood Community Centre



Services available:	Takeaway dinner for those in need
Who's it for?	Everyone
Cost:	Free
Location:	151 North Belmore Rd., Riverwood
Open:	Every Monday 5:30 – 6:00pm
Contact:	Phone: 9533 0100
Getting there:	Bus: 940, 945 from Mortdale Station

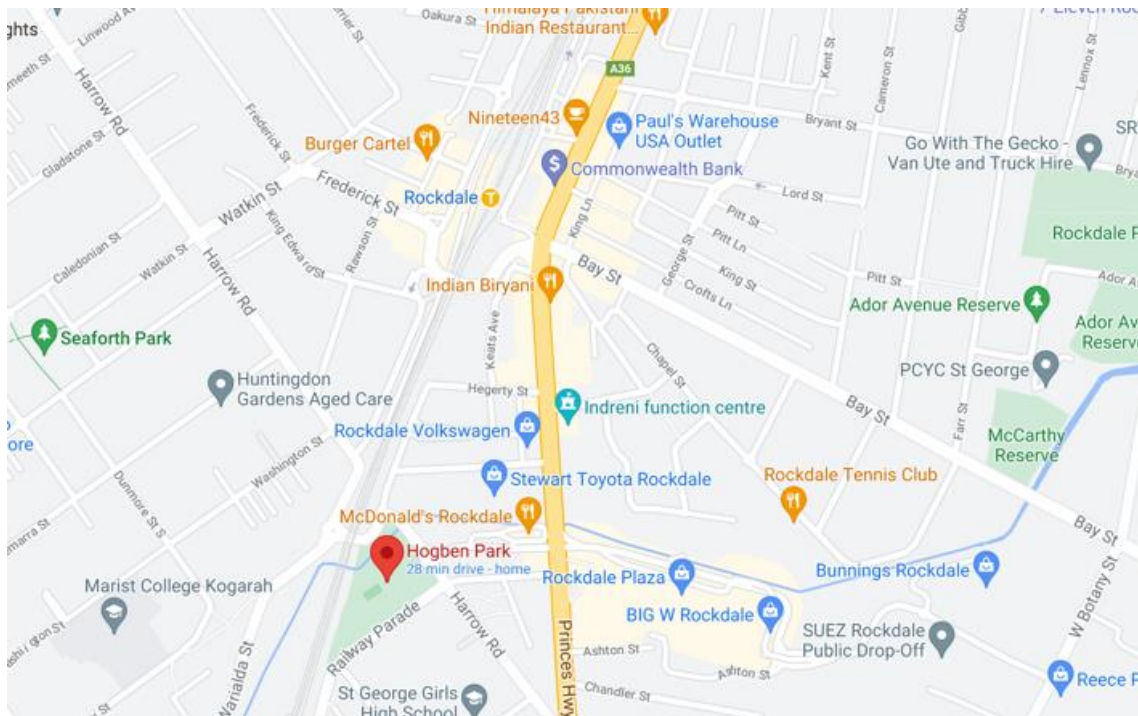




2. St Elsa Food Initiative



Services available:	Free freshly cooked Greek inspired dishes. Vegetarian options available.
Who's it for?	Everyone
Cost:	Free
Location:	Hogben Park, Corner of Railway Pde and Harrow Rd., Kogarah
Open:	Every Monday 5-6pm
Contact:	Phone: 9587 5945
Getting there:	11 minute walk from Rockdale Station



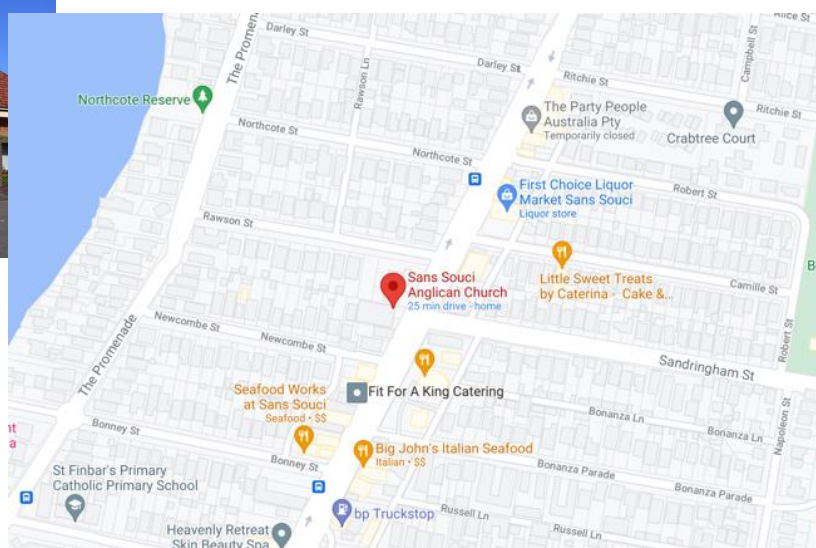
Mobile Community Pantry



Services available:	Anglicare Mobile Community Pantry provide grocery or fresh food items at a very low cost. For a small contribution, a shopping bag can be filled with items of the client's choice.
Who's it for?	Anyone who holds a pension, healthcare or immigration card
Cost:	\$10 for groceries and \$2 for fresh food (can fill a bag from the stock available)
More information:	<ul style="list-style-type: none"> • Just turn up. • Grocery bag provided is full of grocery items which have passed their sell by/best before dates. • Usually contain \$60 worth of groceries. • Service is provided until just before Christmas and is resumed in January.

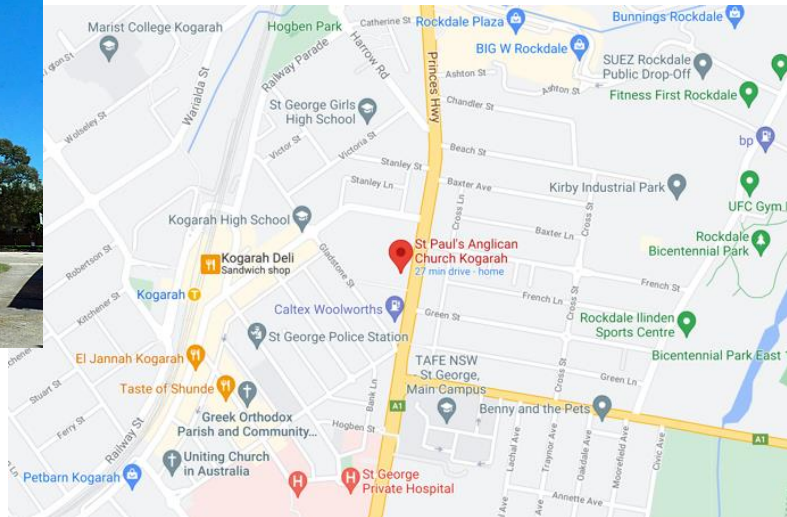
3. San Souci Mobile Community Pantry

Location:	St Andrew's Anglican Church, 325 Rocky Point Rd, Sans Souci, NSW, 2219
Open:	Every second Tuesday 1:30pm to 2:30pm, call to confirm which Tuesday
Contact:	9529 6141
Getting there:	Bus routes 476 and 477 stopping on Rocky Point Rd, near Northcote St and Newcombe St (near the McDonald's and KFC).



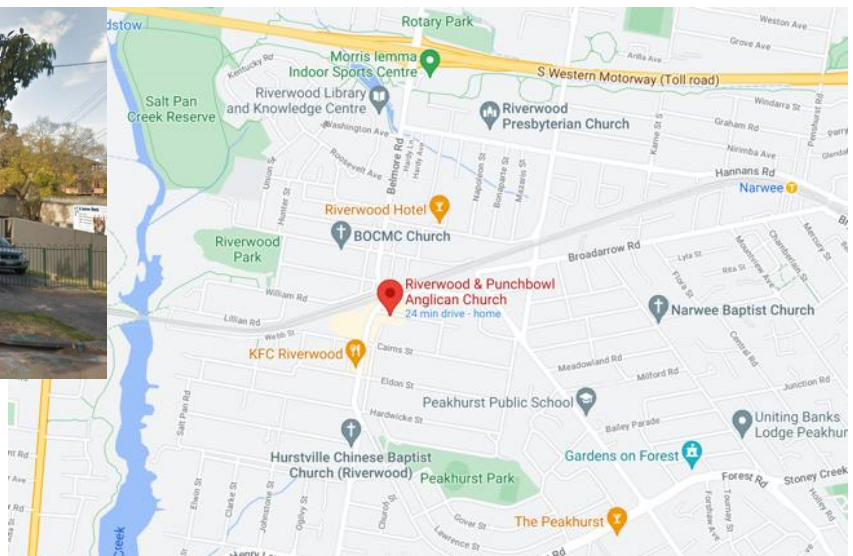
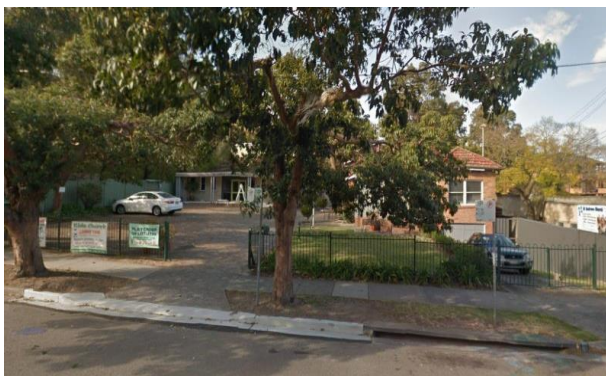
9. Kogarah Mobile Community Pantry

Location:	St Paul's Anglican Church, 57 Princes Highway, Kogarah, 2217, NSW
Open:	Every second Thursday, 2-3pm, call to confirm which Thursday
Contact:	9587 5951
Getting there:	8 minute walk from Kogarah Station along Regent St, onto Gladstone St and then onto Princes Hwy. Bus routes 476, 985 and 477 stopping at Regent St bus stop.



10. Riverwood Mobile Community Pantry

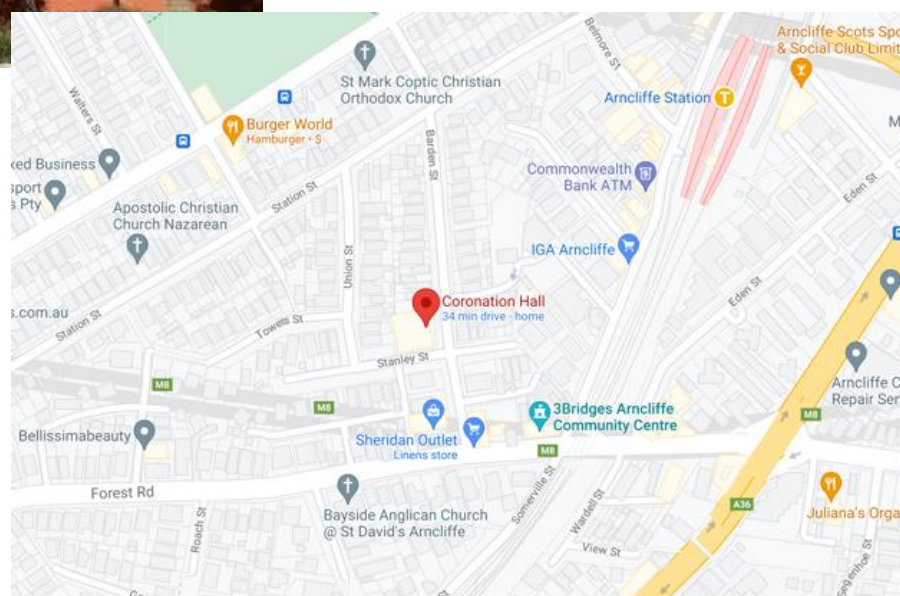
Location:	Riverwood Anglican Church, 9 Littleton St, Riverwood, NSW, 2210
Open:	Every second Thursday 9:30am to 10:30am, call to confirm which Thursday
Contact:	9153 7624
Getting there:	2 minute walk from Riverwood Station Along Belmore Rd and then turn down Littleton St. Near Bus routes 940, 942, 944 and 945 (Riverwood Station).



4. Bay City Community FoodCare, Arncliffe



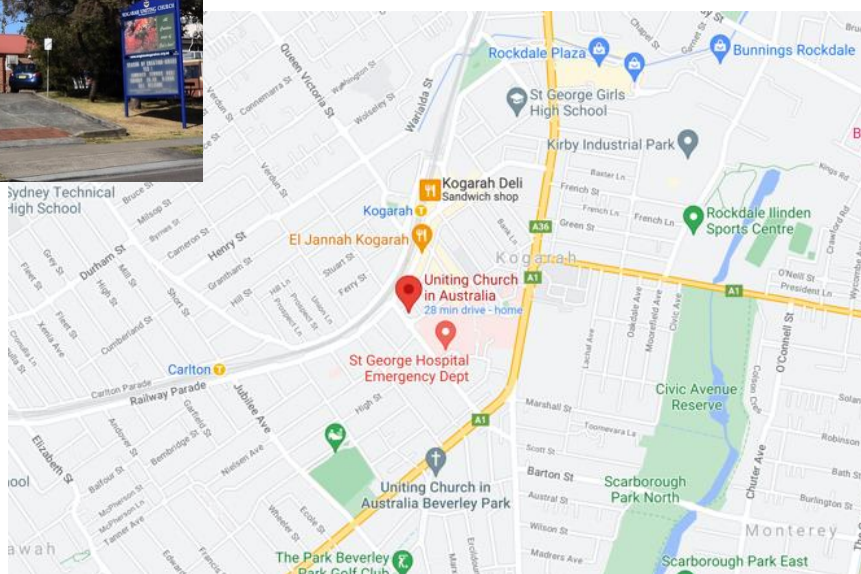
Services available:	General pantry, fridge and frozen items are available for a small fee, and fruit, vegetables, and bread are free after minimum \$8 spend and based on availability.
Who's it for?	All able to attend.
Cost:	Point based system. Grocery hampers start at \$8 (minimum spend to receive free fruit, vegetables and bread when available). Point system: 10 points= \$8.00, 15 points= \$11.00, 20 points= \$14.00, 30 points= \$21.00, 40 points=\$28.00, 50 points=\$35.00, 60 points= \$42.00, 70 points= \$45.00, 85 points= \$55.00
Location:	Coronation Hall; 23 Barden Rd, Arncliffe, NSW, 2205
Open:	Tuesday and Thursdays 10:00am-1:00pm and 5:30pm-6:30pm (except public holidays)
Contact:	Telephone: 9597 1477 (Mon-Thurs 10am-4pm) Facebook: @BCCArncliffeCommunityFoodCare
Getting there:	6 minute walk from Arncliffe Station
More information:	To access turn up to the location during their open times and someone at the church will conduct a short interview (only for the first visit), following this the client can have access to grocery and food items. Items are available dependent on availability.



5. The Kogarah Storehouse



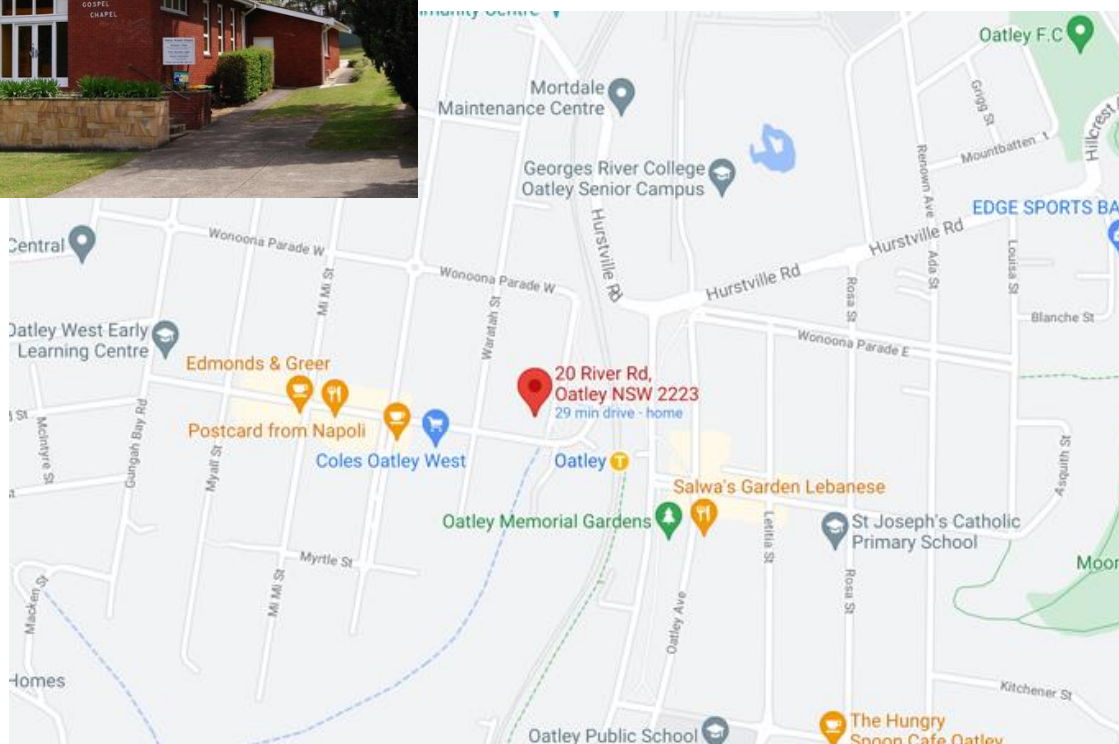
Services available:	Free morning tea and community hot/cold lunch and dessert on Wednesdays. Food parcels (2 bags of groceries) are also available once per month.
Who's it for?	Must bring along Pension, immigration or Centrelink card and sign a food declaration.
Cost:	Free, donations accepted
Location:	Uniting Church Kogarah; 16-18 Gray St, Kogarah (corner of Gray and Kensington St)
Open:	Wednesday morning tea 10:00am to 11:30am, Lunch Wednesday 12:00pm to 1:00pm
Contact:	9587 5761 (Mon-Thurs 9:30am-3:30pm, Fri 9:30am- 12:30pm)
Getting there:	5 minute walk from Kogarah Station along Railway Parade, then turn left onto Gray St. Near bus routes 446 and 958 (Railway Parade), 455, 476, 477 and 947 (Gray St).
More information:	<ul style="list-style-type: none"> • No appointments needed for food. • Food hamper assistance is provided once per month Monday to Friday. • Assistance can also be provided with electricity and gas vouchers (once every 6 months) and Telstra (once every 3 months). Appointments for these vouchers are needed.



6. Allawah Care



Services available:	An ongoing weekly service which provides free fresh bread, fruit and vegetables to families and individuals in need.
Who's it for?	Everyone
Cost:	Free, remember to bring along shopping bags
Location:	20 River Road, Oatley
Open:	Wednesday 4:00pm to 5:00pm
Contact:	Mobile: 0434 394 920 Email: care@allawahchurch.com
Getting there:	3 minute walk from Oatley Station
More information:	<ul style="list-style-type: none"> • Must call prior to sending a client to this service to provide some brief details. • To access service arrive 15 minutes before start time to be issued a ticket to enter the pantry. • Allawah Care also provide free clothing to women and children, to access this service the client will need to call and arrange a time.

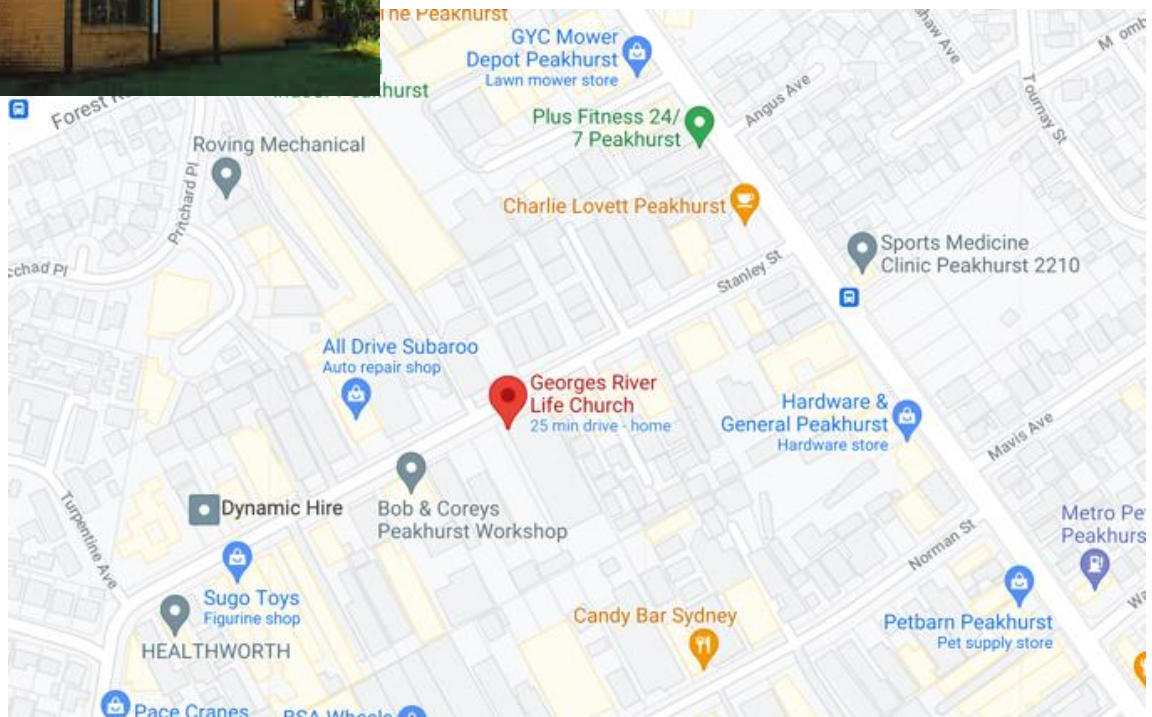


7. George's River Life Care



GEORGES RIVER
LIFE CHURCH

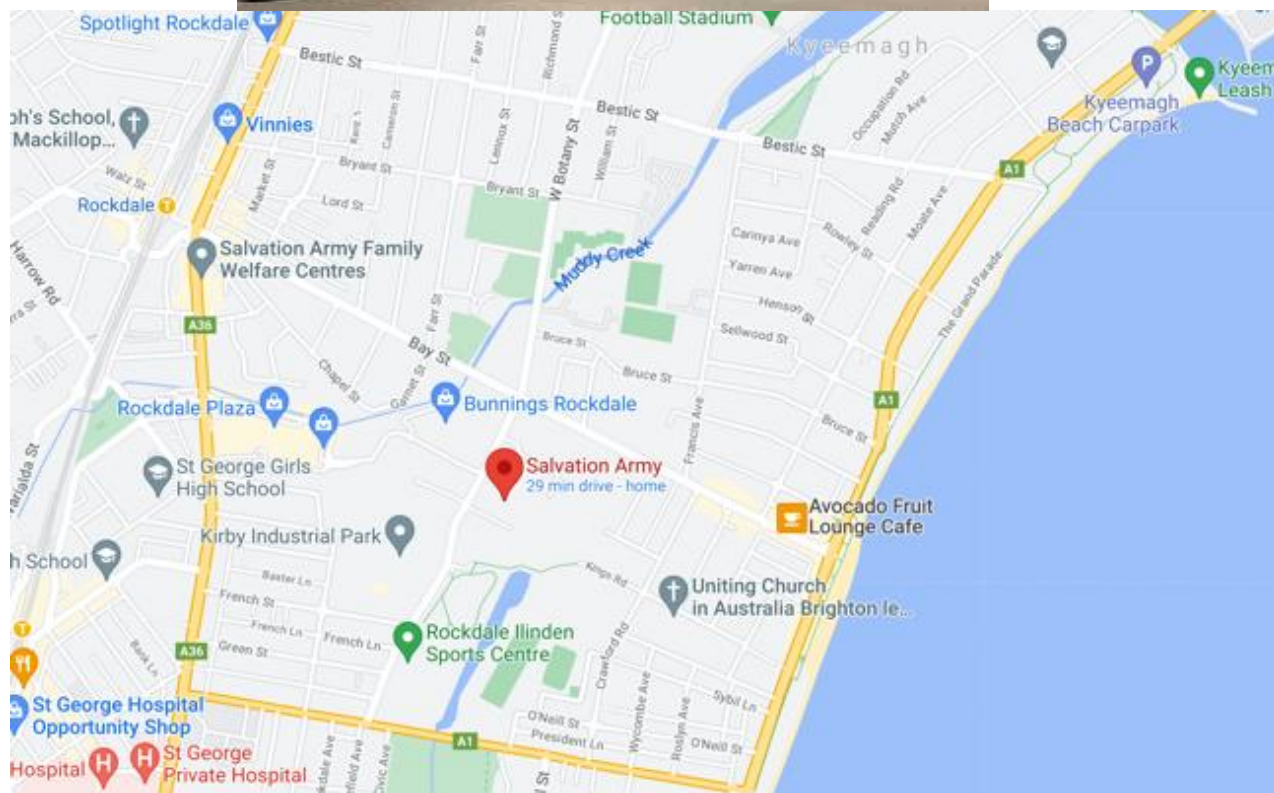
Services available:	Food parcels every fortnightly and emergency relief
Who's it for?	Centrelink, concession or pension card
Cost:	Free
Location:	Georges River Life Church; 23 Stanley St, Peakhurst, NSW 2210
Open:	1 st and 3 rd Wednesday of every month; 10:00am- 11:00pm- first come first serve basis
Contact:	Phone Lifecare; Suzanne: 9153 6300 (Mon-Fri 9:00am-5:00pm) Email: care@grlc.org.au
Getting there:	3-5 minute walk from the bus stop
More information:	<ul style="list-style-type: none"> • First come first served basis for Wednesday food parcels. • Clients can also call the service to receive an emergency parcel within office hours (Mon-Fri 9:00am-5:00pm)



8. Rockdale Salvos



Services available:	Low cost food hampers available
Who's it for?	Must bring along Pension, immigration or Centrelink card
Cost:	Low cost
Location:	3/432 West Botany Street, Rockdale
Open:	Every Wednesday 10am – 1pm
Contact:	Phone: 9597 3866 Email: rockdale.corps@salvationarmy.org.au
Getting there:	17 minute walk from Rockdale Station Bus: 478, 479 to Bay Street bus stop

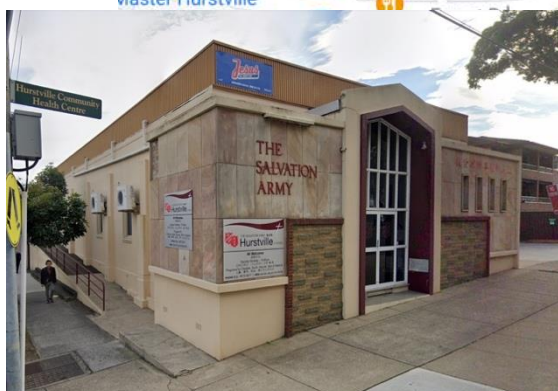
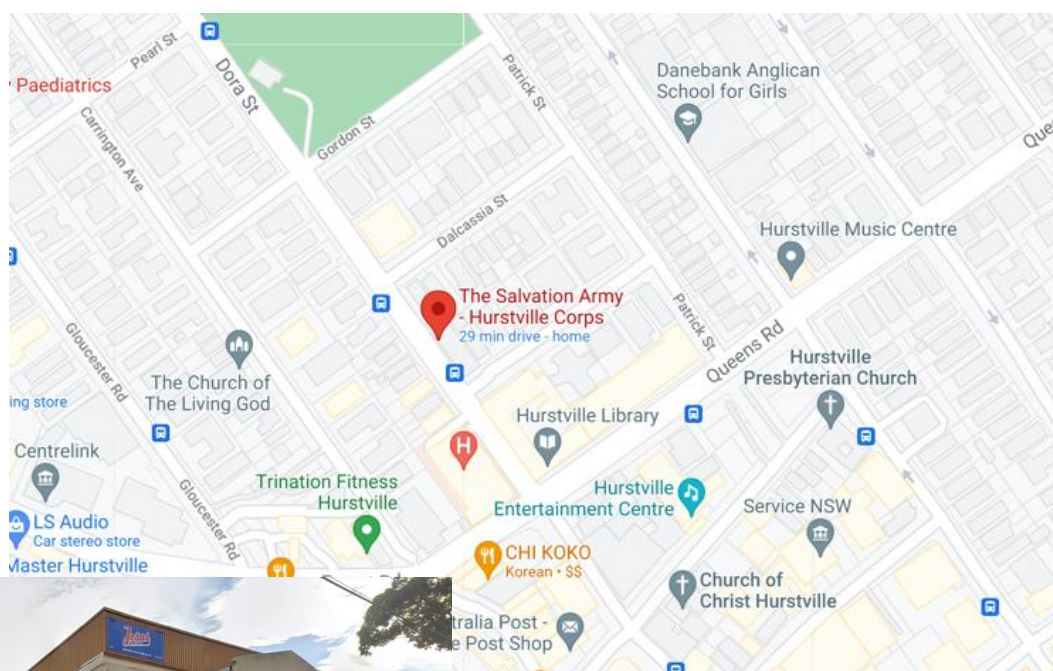


11. Body 'n' Soul, Hurstville



hurstville
SALVOS

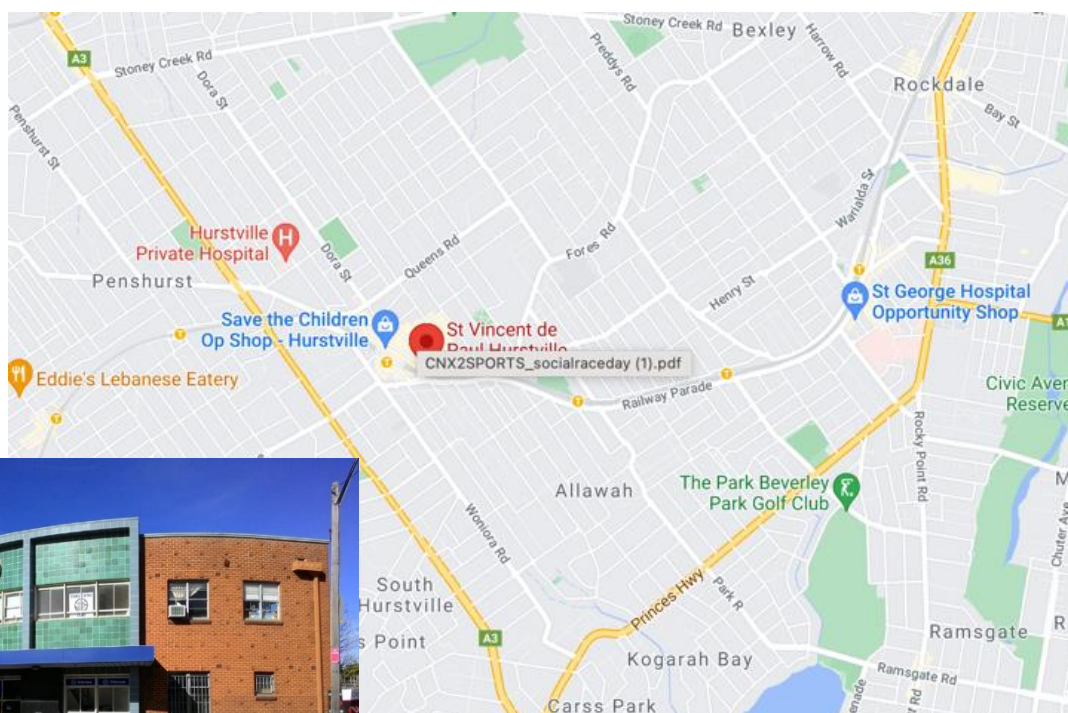
Services available:	A free hot/cold lunch is provided followed by a short Christian church service which includes singing, music and guest artists and speakers
Who's it for?	All ages
Cost:	Free, donations accepted
Location:	Salvation Army, Corner of Bond and Dora St, Hurstville
Open:	First Friday of the month 12:30pm to 1:30pm
Contact:	Telephone: 9570 2617 Email: hurstville.corps@ae.salvationarmy.org
Getting there:	5 minute walk from Hurstville Station along Forest Rd, then turn right onto Macmahon St and then left onto Dora St. Near bus routes 452 (Dora St), and 455, 490, 491, and M41 (Queens Rd outside Hurstville Museum and Gallery)
More information:	<ul style="list-style-type: none"> • Just turn up, all are welcome. • An ad is placed in the Leader the week before an upcoming lunch.



12. St Vincent's de Paul Society Community Support Centre



Services available:	Short-term emergency relief for those experiencing a financial crisis. The service can provide nutritionally balanced food hampers.
Who's it for?	Experiencing a financial crisis, bring Centrelink income statements or payslip, and a lease agreement or rent receipts
Cost:	Free
Location:	183c Forest Rd, Hurstville; above the Vinnies shop
Open:	Monday to Friday 9:00am to 4:00pm
Contact:	Telephone: 9580 2459 (press 1 for welfare) Email: hurstvillecsc@sydneyvinnies.org
Getting there:	3 minute walk from Hurstville Station along Forest road. Within walking distance of Bus routes 450, 452, 455, 490, 491, 940, 941, 943, 945, 947, stopping on Forest road near the station
More information:	<ul style="list-style-type: none"> For clients new to the service, contact St Vincent's de Paul Society Hurstville to arrange an initial client assessment. Following the assessment, the client will be referred to a service within St Vinnie's which is most beneficial.



13. SHARE SMR Inc, Building Healthier Communities



Services available:	Free food hampers to those in need
Who's it for?	Everyone
Cost:	Free
Open:	Monday to Friday
Contact:	Phone: 8580 0628 www.share.org.au

14. ONLINE: Reaching; food and material relief


























Services available:	Emergency food relief
Who's it for?	Food insecure- determined by community partner
Cost:	Free
Location:	https://order.reaching.org.au/request
Open:	Once every 3 months
Contact:	Order via link above or pH: 1300 055 100 Email: contact@reaching.org.au
Getting there:	3-5 minute walk from the bus stop
More information:	Contact online: 1. Referred to the program online by clinician 2. Reaching orders the groceries online 3. Groceries delivered in 24hrs

15. Crateful Group



Services available:	Fresh food hampers
Who's it for?	Everyone
Cost:	Free
Location:	Bexley area
Contact:	Contact via link to Facebook group below or email Facebook: https://www.facebook.com/groups/2498108250219472/ Email: cratefulgroup@gmail.com
More information:	Hampers are pick-up only Only one hamper per house every 21 days

Sutherland Shire Community Area: Weekly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1. Mobile Community Pantry - St John's Sutherland – <u>every second Monday</u> Time: 1:30-2:30pm Cost: \$10 to fill a shopping bag Contact: 9521 4314</p>   	<p>4. One Meal Sutherland Time: 5:00pm Cost: Free Contact: 0478 478 464</p> 	<p>5. Cronulla Community Café NBU Time: 8-10am Cost: Free breakfast Contact: 9544 1144</p> 	<p>7. Caringbah Seventh-Day Adventist Church Time: 10-12pm Cost: \$5 for a bag of groceries Contact: 0422 115 747</p> 	<p>11. Orana Hub Central Time: 12-1pm Cost: Free Contact: 9521 8280</p> 	<p>13. Thornton Hall – Care and Concern Friendship Dinner – <u>last Saturday of each month</u> Time: 6pm Cost: Free Contact: 9307 8465</p> 
<p>2. Saint John Bosco Church Time: 7pm Cost: Free Contact: 9532 1622</p> 	<p>3. Crossroads Community Care Centre Time: 1:30-3pm Cost: Free Contact: 9525 3790</p> 	<p>6. Southside Care Time: 12:30-4pm Cost: Free Contact: 9522 7740</p> 	<p>8. St Phil's Anglican Church – <u>first Thursday of each month</u> Time: 5:30pm – 7:30pm Cost: Free dinner Contact: 8536 4222</p> 	<p>12. Mobile Community Pantry - St Phil's Anglican Church – <u>every second Friday</u> Time: 1:30-2:30pm Cost: \$10 to fill a shopping bag Contact: 0478 926 125</p>  	<p>14. SUNDAY - One Meal Sutherland Time: 4:00pm Cost: Free Contact: 0478 478 464</p> 
<p>3. Crossroads Community Care Centre Time: 1-3pm Cost: Free Contact: 9525 3790</p> 		<p>3. Crossroads Community Care Centre Time: 1-3pm Cost: Free Contact: 9525 3790</p> 	<p>9. Mobile Community Pantry GyMEA – <u>every second Thursday</u> Time: 10:30-11:30am Cost: \$10 to fill a shopping bag Contact: 9524 6225</p>  	<p>10. Urban Food Care Time: 9:30-11:30am Cost: Low cost food Contact: 0413 479 155</p>  	<p>15. Monday to Friday, Sutherland Food Services – Meals on Wheels Time: 8:30am – 3:30pm Cost: Starting at \$5.65 Contact: 9540 7365</p> 
			<p>10. Urban Food Care Time: 5-7pm Cost: Low cost food Contact: 0413 479 155</p>  		
			<p>4. One Meal Sutherland Time: 5:30pm Cost: Free Contact: 0478 478 464</p> 		



Cooked meals



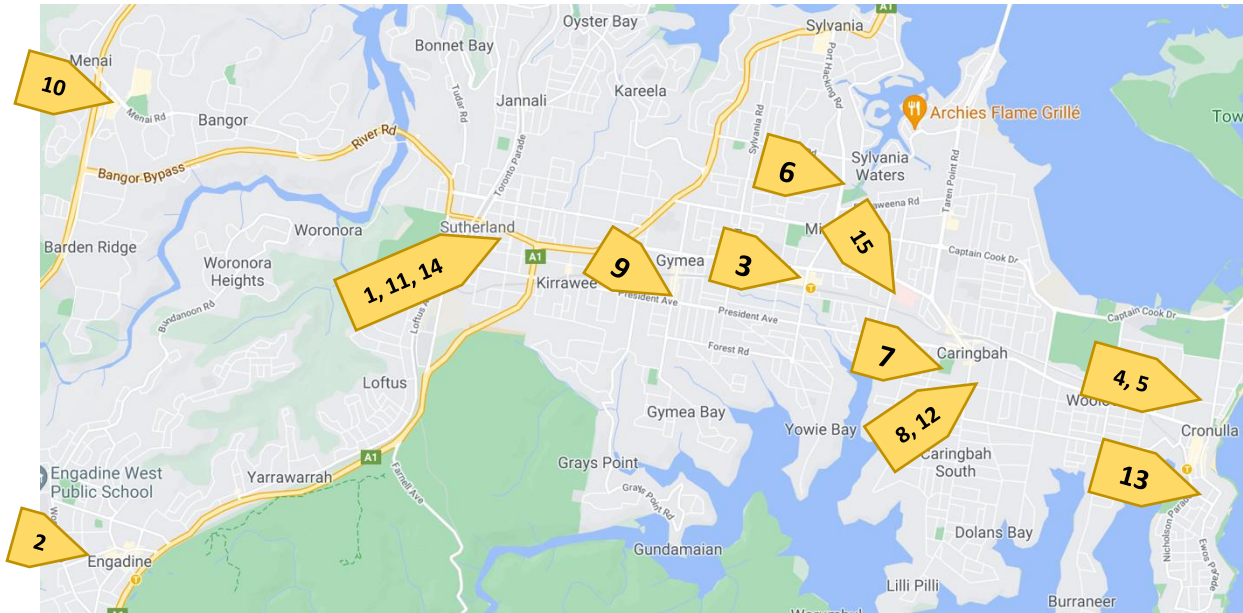
Groceries



Bring your pension, immigration, healthcare, concession or Centrelink card

Sutherland Shire Community Area

Community map of food service areas: Sutherland Shire



1. Mobile Community Pantry, St John's Sutherland	2. Saint John Bosco Church
3. Crossroads Community Care Centre	4. One Meal Sutherland (14)
5. Cronulla Community Café NBU	6. Southside Care
7. Caringbah Seventh-Day Adventist Church	8. Saint Phil's Anglican Church
9. Mobile Community Pantry, Gymea Anglican Church	10. Urban Food Care
11. Orana Hub Central	12. Mobile Community Pantry, St Phil's Anglican Church
13. Thornton Hall	14. One Meal Sutherland (6)
15. Sutherland Food Services – Meals on Wheels	

1. Mobile Community Pantry – St John’s Sutherland



Services available:	Low cost groceries
Who’s it for?	Centrelink, concession or pension card
Cost:	\$10 to fill a shopping bag
Location:	St John’s Sutherland, 43A Belmont St, Sutherland NSW 2232
Open:	Every second Monday 1:30-2:30pm, call to see which Monday
Contact:	Phone: 9521 4314
Getting there:	Parking: street parking available Bus: 961, 962 from Gymea, 969 from Caringbah



2. Saint John Bosco Church



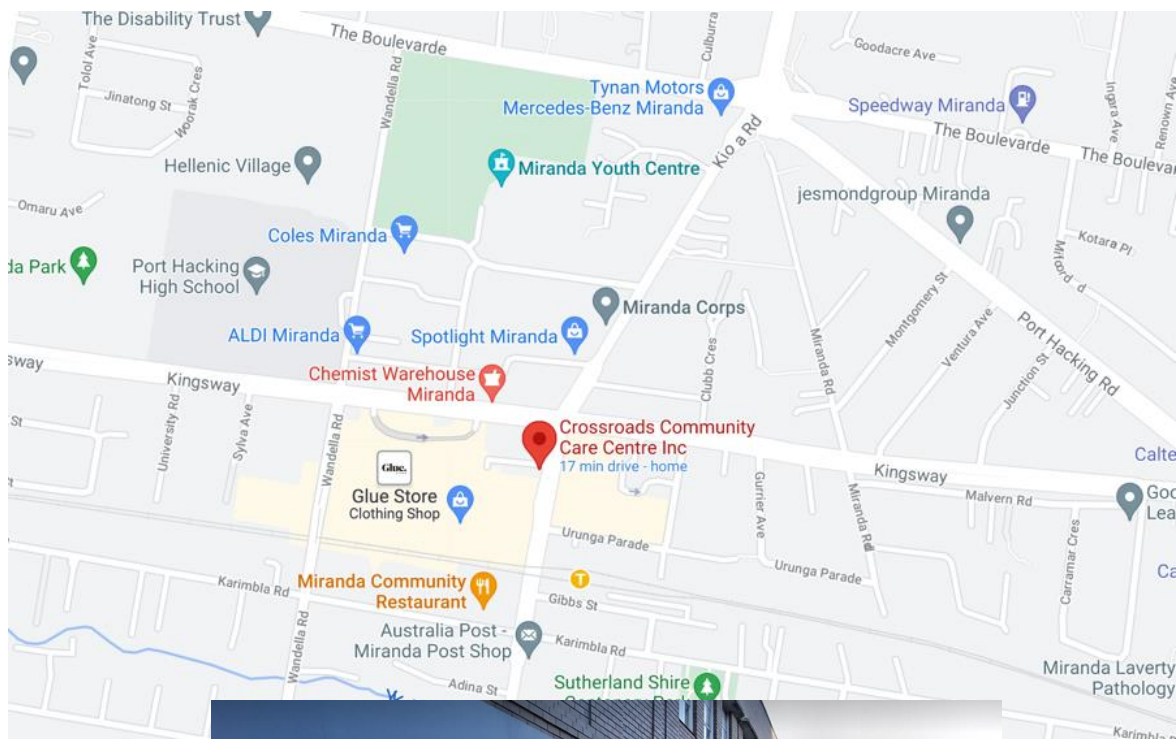
Services available:	Free groceries including fruit and bread
Who's it for?	Everyone
Cost:	Free
Location:	46 Waratah Ave, Engadine NSW 2233
Open:	Every Monday 7:00pm
Contact:	Phone: 9532 1622
Getting there:	Parking: Street parking available Bus: 961, 962 from Sutherland, 962 from Gymea



3. Crossroads Community Care



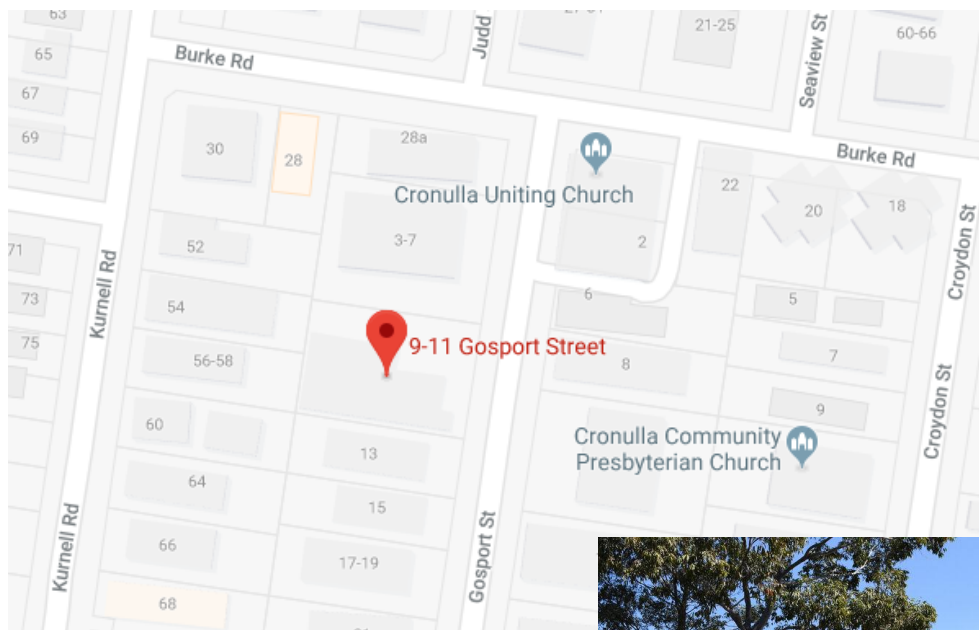
Services available:	Free food pantry
Who's it for?	Everyone
Cost:	Free
Location:	51 Kiara Road, Miranda (Corner Kiara Lane next to Red Cross Shop)
Open:	Every Monday & Wednesday 1-3pm and Tuesday 1:30-3pm
Contact:	Phone: 9525 3790
Getting there:	Parking: Street parking available 2 minute walk from Miranda Station
Extra information:	Bring own shopping bags



4. One Meal Sutherland



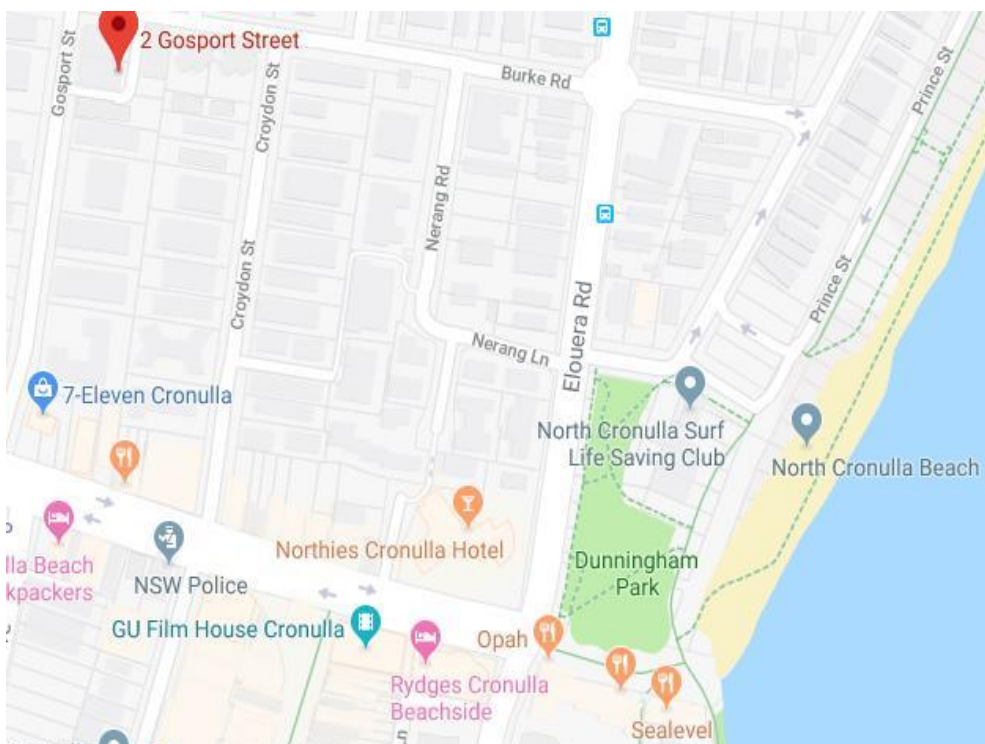
Services available:	Free dinner
Who's it for?	Everyone
Cost:	Free
Location:	Revive Church Car park, 9-11 Gosport St, Cronulla NSW 2230
Open:	Every Thursday 5:30pm
Contact:	Phone: 0478 478 464
Getting there:	Parking: Street parking available Bus: 971, 985, 969 from Caringbah or 969, 985, 987 from Cronulla Station



5. Cronulla Community Café NBU



Services available:	Free breakfast
Who's it for?	Everyone
Cost:	Free
Location:	New Beginnings United Church, 6 Gosport Street, Cronulla NSW 2230
Open:	Every Wednesday 8-10am
Contact:	Phone: 9544 1144
Getting there:	Parking: Street parking available Bus: 971, 985, 969 from Caringbah or 969, 985, 987 from Cronulla Station

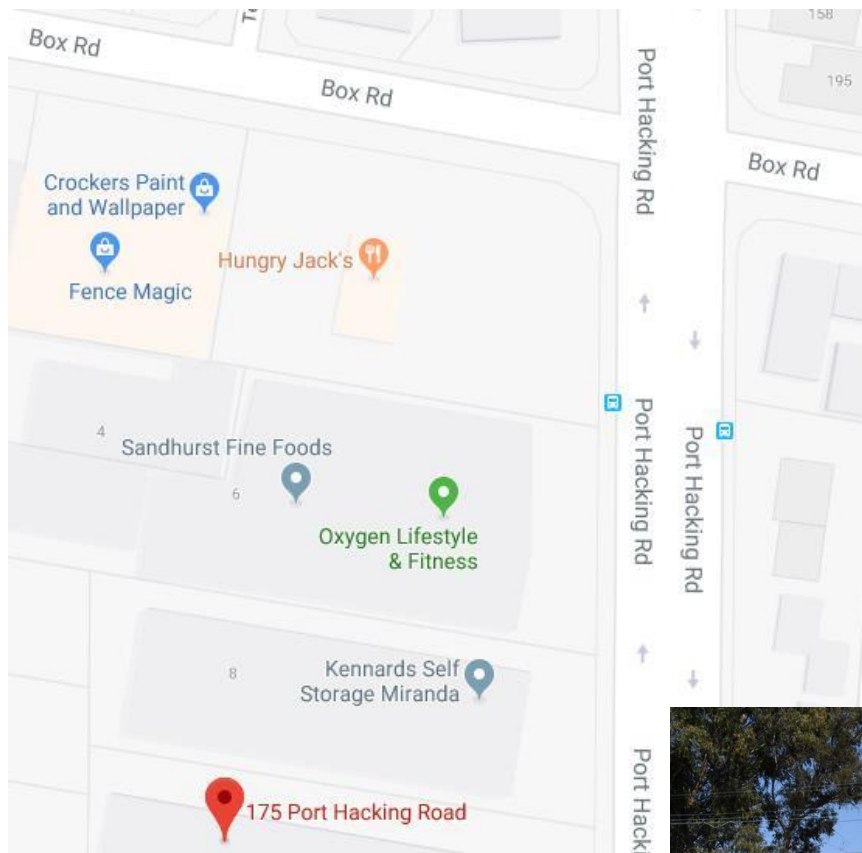


6. Southside Care



Southside Church

Services available:	Food pantry, non-perishable items such as canned foods, cereals, rice, pasta etc
Who's it for?	Everyone
Cost:	Free
Location:	Southside Church, 175 Port Hacking Road, Miranda NSW 2228
Open:	Every Wednesday 12:30-4pm
Contact:	Phone: 9522 4300
Getting there:	Parking: Street parking available Bus: 971 from Miranda, 971 from Caringbah, 961, 962, 967, 968, 974, 975 from Gymea
More information:	16. First come first served basis for Wednesday food parcels. 17. Clients can also call the service to receive an emergency parcel within office hours (Mon-Fri 9:00am-5:00pm)



7. Caringbah Seventh-Day Adventist Church



Services available:	Groceries
Who's it for?	Everyone
Cost:	Free fruit, vegetables and bread Low cost food: \$5 for a bag of tinned food, pasta etc.
Location:	214 Willarong Rd, Caringbah NSW 2229
Open:	Every Thursday 10am-12pm
Contact:	Phone: 0422 115 747
Getting there:	Parking: Street and off-street parking available Bus: 978 from Caringbah Bus Terminal, 971 or 985 from Cronulla, 968, 969 or 978 from Gymea



8. Saint Phil's Anglican Church



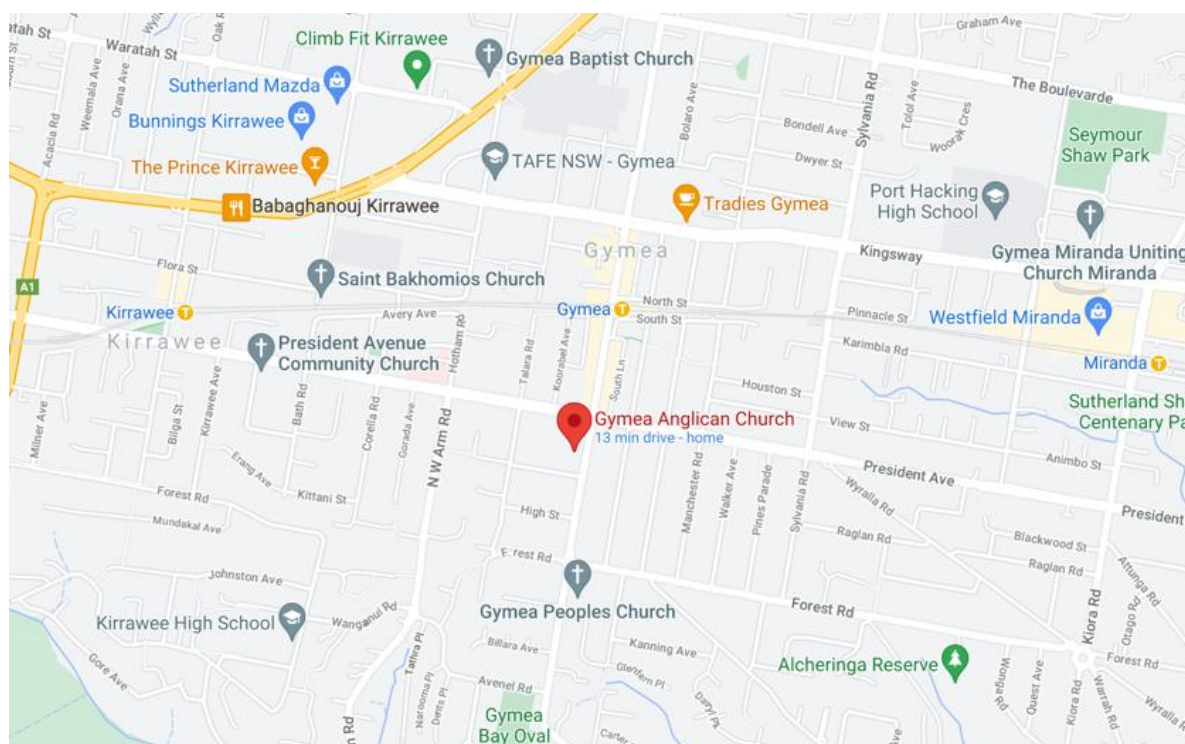
Services available:	Free dinner
Who's it for?	Everyone
Cost:	Free
Location:	402 Port Hacking Rd, Caringbah NSW 2229
Open:	First Thursday of every month, 5:30-7:30pm
Contact:	Phone: (02) 8536 4222
Getting there:	Parking: Street and off-street parking available Bus: 977 from Caringbah, 971 or 985 from Cronulla, 969 from Gymea
More information:	<ul style="list-style-type: none"> • Mobile Community Pantry. Low cost grocery items available each fortnight. • Find out more at: http://stphils.org/



9. Mobile Community Pantry Gymea



Services available:	Low cost groceries
Who's it for?	Centrelink, concession or pension card
Cost:	\$10 to fill a shopping bag
Location:	Gymea Anglican Church, 131 Gymea Bay Rd, Gymea 2227
Open:	Every second Thursday 10:30-11:30am, call to see which Thursday
Contact:	Phone: 9524 6225
Getting there:	Parking: street parking available 6 minute walk from Gymea Station



10. Urban Food Care



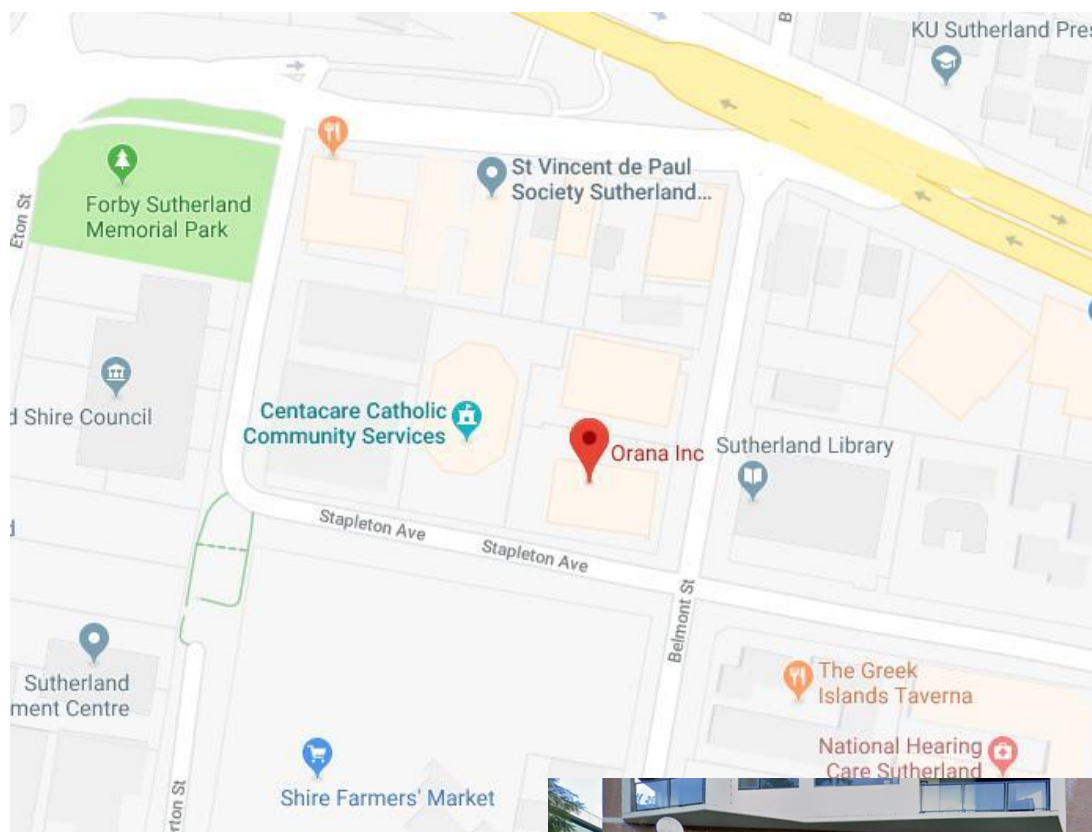
Services available:	Low cost groceries and free morning tea and coffee
Who's it for?	Everyone
Cost:	Low cost food
Location:	Menai Church (next to Vulcan Gym) 13/800-812 Old Illawarra Rd, Menai NSW 2234
Open:	Thursdays 5-7pm for tea and coffee and Friday 9:30-11:30am for morning tea
Contact:	Phone: 0413 479 155 Email: foodcare@urbanlife.com.au
Getting there:	Parking: street parking available Bus: 961, 962 from Sutherland, 962 from Gymea



11. Orana Hub Central



Services available:	Free lunch Pantry items available once a month for those in an emergency
Who's it for?	Everyone
Cost:	Free
Location:	3a Stapleton Ave, Sutherland NSW 2232
Open:	Every Friday 12-1pm
Contact:	Phone: 9521 8280
Getting there:	Parking: street parking available Bus: 961, 962 from Gymea, 969 from Caringbah 7 minute walk from Sutherland Station
More information:	Counselling and adult learning sessions also available, please call for more information.



12. Mobile Community Pantry St Phil's Anglican Church



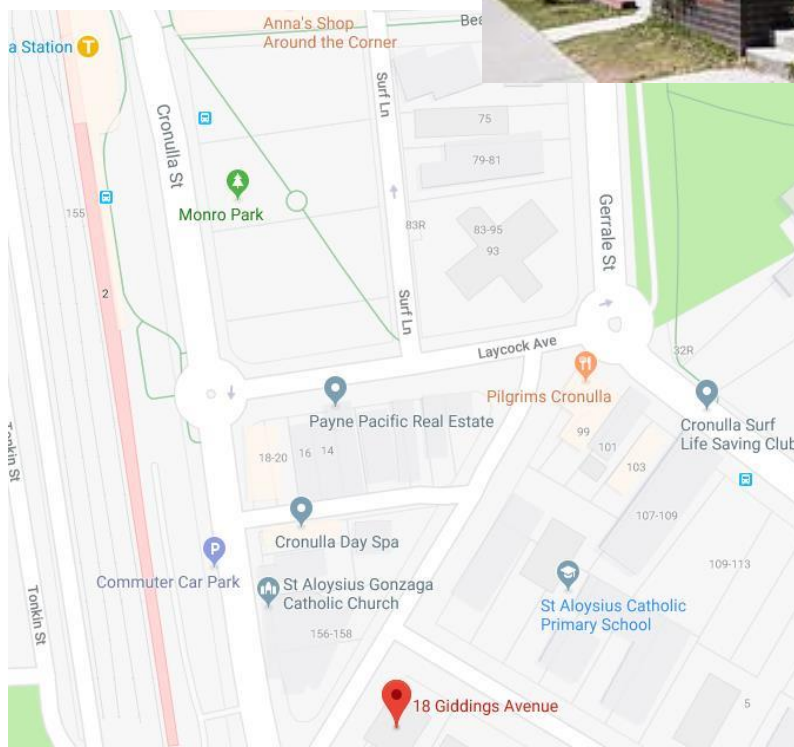
Services available:	Low cost groceries
Who's it for?	Centrelink, concession or pension card
Cost:	\$10 to fill a shopping bag
Location:	St Phil's Anglican Church 402 Port Hacking Rd, Caringbah 2229
Open:	Every second Friday 1:30-2:30pm, call to see which Friday
Contact:	0478 926 125
Getting there:	Parking: street parking available 14 minute walk from Caringbah Station Bus: 971, 977, 985, 988 from Caringbah, 968 from GyMEA



13. Thornton Hall – Care and Concern Friendship Dinner



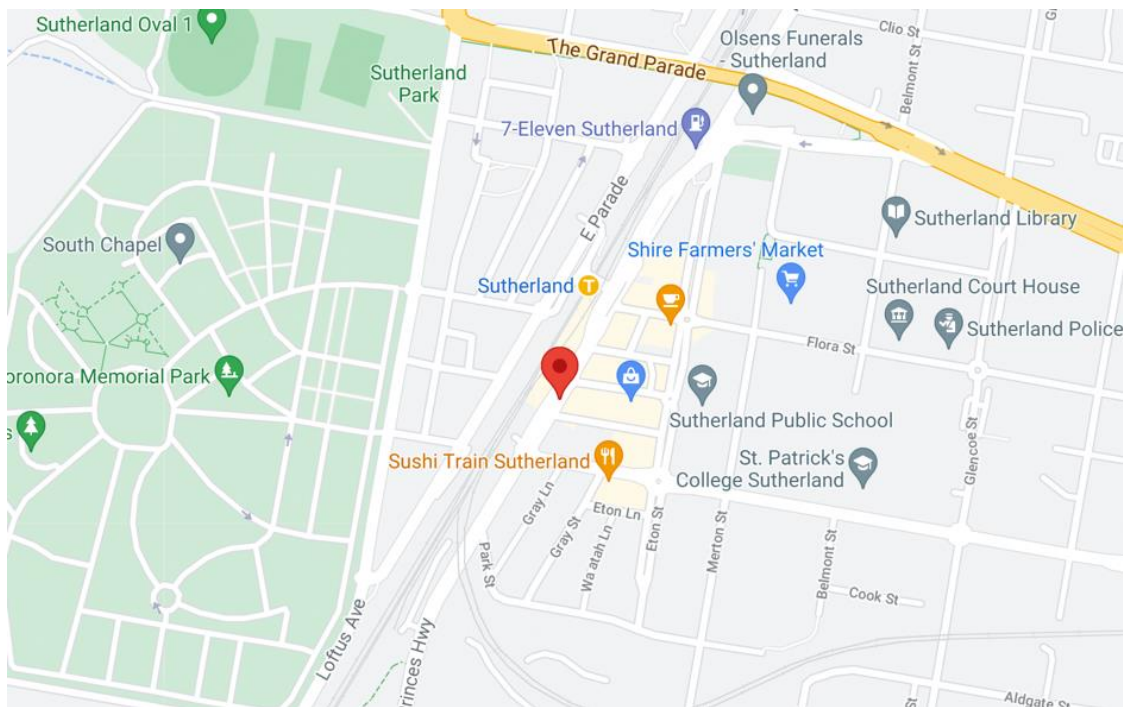
Services available:	Free dinner
Who's it for?	Everyone
Cost:	Free
Location:	18 Giddings Ave, Cronulla NSW 2230
Open:	Last Saturday of each month, 6pm
Contact:	Phone: 9307 8465
Getting there:	Parking: Street parking available Bus: 971, 985 from Caringbah, 971 from Woolooware Station



14. One Meal Sutherland



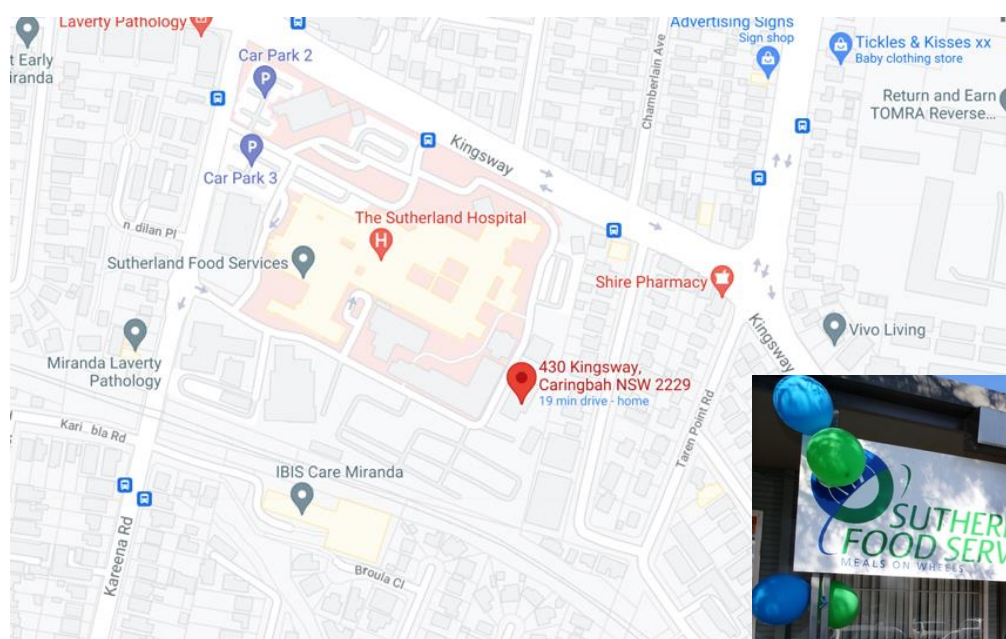
Services available:	Free dinner
Who's it for?	Everyone
Cost:	Free
Location:	816 Old Princess Hwy, Sutherland NSW 2232
Open:	Every Sunday 4-5pm
Contact:	Phone: 0478 478 464 Email: info@onemeal.org.au
Getting there:	2 minute walk from Sutherland Train Station Bus: 961 from Gymea, 969 from Caringbah Parking: street parking available



15. Sutherland Food Service –Meals on Wheels



Services available:	Meals on Wheels – choice of over 60 healthy meals including breakfast, lunch, dinner, snacks and desserts. Caters for a wide variety of dietary requirements (vegetarian, minced, pureed etc)
Who's it for?	Everyone
Cost:	<ul style="list-style-type: none"> • Meals start from \$5.65 each, delivered to your door • Seniors may be entitled to a discounted meal plan, check with Sutherland Food Services to see if you are eligible.
Location:	430 Kingsway, Caringbah NSW 2229
Open:	Monday to Friday, 8:30am – 3:30pm
Contact:	Phone: 9540 7365
More information:	<ul style="list-style-type: none"> • Meals can be delivered hot or frozen • Choose from two sizes: 200g or 390g • Delivery times are usually 9:30am – 1:30pm Monday to Friday • Volunteers can also unpack your meals, plate it up for you and stay to chat if wanted • Funding support available for seniors through the <i>My Aged Care</i> program • To find out more visit www.sutherlandfoodservices.com.au



Donated Food Distributors

The Movement Sydney

The Movement Sydney provides assistance in food hampers, clothing, and furniture. They are a Facebook group that provides:

- Free Fruit and Vegetables
- Free Bread
- Free Cakes and Savouries

They provide free food and other items 4 days a week at various locations around the Sutherland Shire.

In order to access this service, you must join their Facebook group. To find out more visit:

<https://www.facebook.com/groups/tmcsydney>

