## 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. Cost/Conditions Transport Organisation 3 Pillars Relief Agency Food Mon-Thurs 12-4.00pm \$25 per hamper. Order by phone or via facebook Train 18 1/5 Moorlands Rd Ingleburn • Hampers Fri 12-3.00pm page. min walk Ph: 8119 5126 \$10 per hamper, hampers can be collected Food Thurs 2.00-4.00pm fortnightly. Visit centre to register. Discounted Hampers ADRA pantry items also available. Bus 5 min Emergency 6 Mallee PI Macquarie Fields Mon-Thurs 9-5.00pm Emergency food relief in form of food items • walk Ph: 9829 6701 Food Relief Fri 9-3.00pm Every second Tues Community Free - all welcome Lunch 12.00-1.30pm Ambarvale/ \$2 for a fruit and vegetable box. Allowance of Fruit & Veg Bus 2 min Every Thurs 11.30 Rosemeadow Community one hamper per fortnight. See facebook page for Boxes walk 6 Macbeth Way Rosemeadow further details Anglicare Emergency Mon-Fri 9:00 - 5:00pm Emergency relief in form of food parcels & Bus 5 min Shop 1 & 2/31-35 Chamberlain St, Food Relief Appointment required financial assistance walk Campbelltown Ph: 4621 6666 Anglicare Community Mon - Fri 9.00-4.45pm Bus 5 min 16-26 Dumaresq St Campbelltown • • Sat 9.00-2.45pm Pantry walk Ph: 8774 7467 Anglicare St Andrews Anglican Church Every second Wed \$10 for a bag of groceries of choice from stock Bus 1 min available. Pension, Health Care or Immigration 1 Riverside Dr Airds 1.00-2.00pm walk Mobile Ph: 0407 776 817 Card required. Community Anglicare Pantry Eagle Vale Anglican Church Every second Wed Bus 1 min 1 Emerald Dr Eagle Vale 9.30-10.30am walk Ph: 9820 2680 Australian Pacific & Maori Community Services Food \$10 per hamper. Pre-order before 10.00am Bus 2 min Wed 12-2.00pm AB Central - 52 Riverside Dr Airds Hampers Wednesday. walk Ph: 0412 345 945 Community Tues, Wed, Thurs Bus 5 min \$20 + \$2 joining fee. Can shop once per week • Pantry 9:30 - 2:30pm Break the Cycle Glenquarie Inc. walk. 32 Edgar St, Macquarie Fields Food Appointment required Assessment appointment required. Catchment Train Ph: 9829 8898 Glenfield-Campbelltown. Must be receiving 15min Vouchers & Tues, Wed, Thurs 9:00 - 2:00pm walk Assistance Centrelink payments or job loss in family Food relief in form of vouchers and food. Emergency Tues & Thurs Ambarvale, Rosemeadow & St Helen's Park 9:30 - 12:30pm Food Relief Campbelltown Church of Christ residents. 65 Woodhouse Drive, Ambarvale Mon. Tues. Thurs \$10, \$20, \$30 bags. Concession card not Bus at site Food Pantry Ph: 4625 7981 9.00 - 1.00pm required. Community Tues 11.30 - 12.30pm Free - all welcome. Lunch Includes pantry staples, school snacks and Bus & Lomandra Community Project Community Tues - Fri ٠ household items. Meal packs available for \$5 train 8 min Pantry 4/5 Hollylea Rd Leumeah 9.30-2.00pm (feeds family 3-4) & \$10 (larger families) walk Macarthur Diversity Services Bus 3 min, Initiative Food Mon - Fri train Assistance is based on individual assessment • 127 Dumaresq St Campbelltown vouchers 8.30-4.30pm 15min Ph: 4627 1188 walk Macarthur Gateway Food vouchers for Aboriginal women with or Bus & Food Mon - Fri 12 Browne St Campbelltown without children. Paperwork to be completed at train 5min • Vouchers 9.00-4.30pm Ph: 4628 0008 office, staff will provide assistance. walk Contact centre to book appointment. Residents Food of Campbelltown, Leumeah, Bradbury, Claymore Mon-Fri by appointment • • Vouchers or no fixed address. Home visit for other Nagle Centre Family Care & Bus 5 min suburbs. Nil concession card required. Support Service walk, St Vincent de Paul Society Community Mon-Fri 9.00-10.30am Train 10 • • 22 Iolanthe St Campbelltown Breakfast min walk Mon - Fri Ph: 4628 2928 Community Free for Macarthur Community members • • 12:00 - 1:30pm Lunch Community Tues & Wed Dinner 5:30 - 6:45pm Nazfoodbank Sydney Food \$5 donation for mixed food hamper. Order Bus 2 min 6 Macbeth Way Rosemeadow Fri 2.00pm Hampers through Facebook or present and pay walk Facebook: Nazfoodbank Sydney South West Multicultural & Food Community Centre Bus & train Tues 3.30-5.00pm \$10 per hamper. Meal available on collection. 4 Surrey St Minto Hampers 5 min walk Ph: 9603 2500 Community Monday lunch in school Free. Cook and share affordable and nutritious Kitchen foods. Run by the dietitian term Vouchers to purchase food. Based on Tharawal Aboriginal Corporation Food By appointment assessment at appointment. Mainly for • • 187 Riverside Drive, Airds Vouchers Bus at site Aboriginal or Torres Strait Islander people. Ph: 4628 4837 \$20 per box of fruit & veg. Can be delivered to Good Tucker Deliver on Tuesday home or picked up from centre. Required to Fruit & Veg complete registration form.

Community Per 45/8 2007 The Junction Works Claymone Community Per 45/8 2007 The Junction Works Community Tallowood Community Community Decreased the Community Community Decreased the Community Community Decreased the Community Per Document Communi		The Macarthur emergency food reso			t the time of publishing. Please notify community nutriti							
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Big Yellow Umbrella/Dignity 16-24 Queen St Narellan Ph: 1300 332 334  St Vincent De Paul Society Ph: 4655 9614  Call the helpline anytime and leave a message with your details  Free Food Relief Ount 11/33 Elizabeth St, Camden Ph: 4655 1567 Contact form on website: www.turningpointcamden.org.au/  Organisation	×		Pantry	10.30-1.00pm & Wed 6-8.00pm Hampers Fri 6-8.00pm	household items Hampers: \$30 & \$50 hampers. Order by 9am Friday							
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