

FREE AND LOW-COST FOOD LIST SUTHERLAND SHIRE

AUGUST 2023

<p>Monday</p> <p><u>FREE GROCERY, FRUIT & BREAD</u> 6.15pm St John Bosco Church Cnr Waratah Rd & Banksia Ave, ENGADINE</p> <p><u>MOBILE COMMUNITY PANTRY</u> 1.30pm to 2.30pm St John's Sutherland Hall 43a Belmont St, SUTHERLAND <u>Every 2nd Monday-from 1/3/21</u> \$12 to fill a supplied shopping bag of non perishables Ph: 9521 4314</p>	<p>Tuesday</p> <p><u>TEA ON TUESDAY</u> 10am-11am Orana Morning Tea & Games Stapleton Ave Community Centre in Hall 1 3a Stapleton Ave SUTHERLAND Ph: 9521 8280</p> <p><u>FREE DINNER</u> 5pm - 6pm One Meal Sutherland Shire @ Salvos 23 Kiora Rd, MIRANDA www.onemeal.org.au</p>	<p>Wednesday</p> <p><u>FREE MORNING TEA & LUNCH</u> 10am - 1pm New Beginnings Uniting Church 2/4 Gosport St, CRONULLA</p> <p><u>FREE PRODUCE / BREAD & GROCERY</u> 12.30pm - 4pm Southside Care All welcome - bring your own bags Ph: 9522 4300 10 Kiama St, MIRANDA (bottom of driveway)</p> <p><u>FREE DINNER</u> 6.30-7.30pm One Meal Sutherland Shire @ Engadine 1040 Old princes Highway</p>
<p>Thursday</p> <p><u>FRUIT/VEG/BREAD/LOW COST GROCERIES</u> 10 - 11.30am Caringbah Seventh-day Adventist Church 214 Willarong Rd, CARINGBAH Ph: 0422115747</p> <p><u>LOW COST FOOD & GROCERY/FRUIT/ BREAD</u> 5 -7pm Urban Food Care (Menai Church, next to Vulcan Gym) Includes free BBQ dinner Ph: 9532 1622/0405 909922 Unit 13/800-812 Old Illawarra Rd, MENAI</p> <p><u>FREE DINNER</u> 5.30pm to 6.30pm One Meal Sutherland Shire Revive Church 11 Gosport St, CRONULLA</p>	<p>Friday</p> <p><u>LOW COST FOOD & GROCERY/FRUIT/ BREAD</u> 9.30 11.30am Urban Food Care (Menai Church, next to Vulcan Gym) Unit 13/800-812 Old Illawarra Rd, MENAI Ph: 9532 1622/0405 909 922 Includes free morning tea</p> <p><u>FREE FRIDAY LUNCH</u> 12pm - 1pm Orana Stapleton Ave Community Centre in Hall 2 3a Stapleton Ave SUTHERLAND</p>	<p>Sunday</p> <p><u>FREE MEAL</u> 4pm to 5pm One Meal Sutherland Shire 816 Old Princess Hwy, SUTHERLAND</p> <div data-bbox="1473 1121 2056 1457" style="border: 2px solid yellow; padding: 10px; margin-top: 20px;"> <p>This list is updated by Orana students. It will be updated every few months. Please email admin@oranansw.org.au for any changes/updates.</p> </div>