

Monday

Free Grocery, Fruit & Bread

6.45pm

St John Bosco Church

Corner Waratah Rd & Banskia Ave, ENGADINE

Free Groceries

1pm - 3pm (Bring own bags)

Crossroads Community Care Centre Inc.

9525 3790

51 Kiora Rd, MIRANDA (Cnr Kiora Lane, next to Red Cross shop)

Mobile Community Pantry

1.30pm - 2.30pm Every 2nd Monday

\$10 to fill a supplied shopping bag

St John's Sutherland Hall

Ph: 9521 4314

43a Belmont St, SUTHERLAND

Bring Pension or Health Care or Immigration Card

Free Hampers & more @ The Movement Sydney

This is a Facebook group that provides free produce, bread, cakes & savouries, 4 days a week in various locations around Sutherland Shire. You will need to join the Facebook group, as well as direct any queries to the admin of that group.

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

Tuesday

Free Breakfast/Fruit, Vegetables & Bread

9.30am to 11am

Orana Hub Central / 9521 8280

3a Stapleton Ave, SUTHERLAND

Free Groceries

1pm - 3pm (Bring own bags)

Crossroads Community Care Centre Inc.

51 Kiora Rd, MIRANDA (Cnr Kiora Lane, next to Red Cross shop) / 9525 3790

Free Meal (plus more)

5.00pm / Ph: 0478 478 464 (Rob Cook)

One Meal Sutherland Shire/ Salvation Army Miranda

23 Kiora Rd, MIRANDA

www.onemeal.org.au

Proudly presented on behalf of St George/
Sutherland Housing Interagency.

A St Vincent de Paul Society NSW initiative.

If you would like to add your community free or low cost meals and/or grocery support, wish to amend / remove your listed details or be added to the mailing list, please contact Mark at: mark.burgess@vinnies.org.au

Next update will be around July 2020



St Vincent de Paul Society NSW
Support Services *good works*

Wednesday

Free Breakfast & Lunch / Food Hamper (11am)

Breakfast: 8am to 9.30am

Lunch: 12 to 12.30pm

Cronulla Community Café NBU

2 Gosport St, CRONULLA

Free Produce / Bread & Grocery

12.30pm to 4pm

All welcome - bring own bags

Southside Care

Ph: 9522 4300

175 Port Hacking Rd, MIRANDA

Free Dinner - (Joshua's Kitchen)

6pm to 7.15pm

Jannali Uniting Church

527 Box Rd, JANNALI

Free Groceries

1pm - 3pm (Bring own bags)

Crossroads Community Care Centre Inc.

9525 3790

51 Kiora Rd, MIRANDA (Cnr Kiora Lane, next to Red Cross shop)

Thursday

Free fruit/vegs/bread & low cost food

10am to 11.30am / Ph: 0422 115 747 (Ruth)

Food is \$5 for bag of pantry food

Caringbah Seventh-day Adventist Church

214 Willarong Rd, CARINGBAH

Low cost food & grocery/fruit/vegs

5pm to 7pm / Ph: 9532 1622 / 0405 909 922

Includes free BBQ dinner

Urban Food Care (Menai Church, next to Vulcan Gym)

Unit 13/800-812 Old Illawarra Rd, MENAI

Free Groceries

1pm - 3pm (Bring own bags) / 9525 3790

Crossroads Community Care Centre Inc.

51 Kiora Rd, MIRANDA (Cnr Kiora Lane, next to Red Cross shop)

Free Meal

5.30pm

One Meal Sutherland Shire / Southern Community Welfare

Ph: 0478 478 464 (Rob Cook)

7-11 Gosport St, CRONULLA

www.onemeal.org.au

Free Dinner - (1st Thursday each month)

5.30pm to 7.30pm / Ph: 8536 4222

St Phils Anglican Church

402 Port Hacking Rd, CARINGBAH

Friday

Low cost food & grocery/fruit/vegs

9.30am to 11.30am / Ph: 9532 1622

Includes free morning tea

Urban Food Care (Menai Church, next to Vulcan Gym)

Unit 13/800-812 Old Illawarra Rd, MENAI

Free Lunch

12pm / Ph: 9521 8280

Orana Hub Central

3a Stapleton Ave, SUTHERELAND

Mobile Food Pantry (every 2nd Fridays)

1.30pm to 2.30pm (\$10 for \$50 worth of food)

St Phil's Anglican Church 8536 4222 / 0478 926 125

402 Port Hacking Rd, CARINGBAH

In partnership with Anglicare

Free Groceries

1pm - 3pm (Bring own bags)

Crossroads Community Care Centre Inc.

9525 3790

51 Kiora Rd, MIRANDA (Cnr Kiora Lane, next to Red Cross shop)

Saturday

Care and Concern Friendship Dinner

6pm (last Saturday each month)

Thornton Hall

Cnr Giddings Ave, CRONULLA

Sunday

Free Meal & other items

4pm

One Meal Sutherland

Ph: 0478 478 464 (Robby)

751 Old Princess Hwy, SUTHERLAND

(opposite Boyle St)

Out of area (various locations)

Mon - Fri: 9.30am to 4.30pm / Sat: 10am to 1pm

The Staples Bag Ph: 9787 6832

Standard Bag: \$20 can feed 1-2 people a week

Family Bag: \$30 can feed 3-4 people a week

Visit www.thestaplesbag.ssi.org.au

for locations & more information