

# Low Cost & Free Meals Directory - Oct 2024



## Camden/Wollondilly/Wingecarribee Area - Meals

Organisation	Location & Phone Number	Services	Cost	Day / Time & Conditions of Use	Additional Support
<b>Bowral Uniting Church</b>	28 Bendooly St, Bowral (02) 4862 1350	Centre based meal	Free	Wed from 12pm	MS
<b>Foursquare Care</b>	82 Mittagong St, Welby 0409 713 190	Frozen meals	Free	Wed 10.30am - 12pm <i>Bring your own bag</i>	
<b>Highland Grace – Soul Warmers Cafe</b>	37 Regent St, Mittagong 0493 560 451	Centre based meal	Free	Thurs 9am - 12pm	
<b>Meals on Wheels Camden</b>	1/18 Little St, Camden (02) 4655 6822	Home meal delivery	From \$6.70 - \$9.70	Mon - Thur 8.30am - 3pm Fri 8.30am - 1pm <i>Call to register. Must be registered with My Aged Care.</i>	WS
<b>Meals on Wheels Southern Highlands</b>	Lot 1 Queen St, Moss Vale (02) 4869 4032	Home meal delivery	From \$5-\$10	Mon, Wed - Fri 7.30am - 3pm <i>Call to register</i>	FS
<b>PCYC Southern Highlands Dignity Freezers</b>	6 Hawkins Dr, Mittagong (02) 4868 5200	Frozen meals	Free	Mon - Fri 10am-7pm Sat 9am - 12pm <i>1 bag per person</i>	
<b>Southern Highland Christian Community Center</b>	3/347 Bong Bong St, Bowral (02) 4861 7460	Centre based meal	Free, Donations welcome	Tues - Fri 10am - 2pm	WS
<b>Turning Point Camden Inc.</b>	15 Edward St, Camden (02) 4655 1567	Centre based meal	Free	Wed 12pm - 12.30pm - lunch Thurs 12pm - 12.30pm - Women's lunch Fri 9 - 11 am Men's breakfast <i>Call, drop in or see website to register</i>	WS FS
<b>Shining Stars Foundation</b>	1/117 Remembrance Drive, Tahmoor 0416 690 223	Frozen meals	Free	Every 2nd Friday, 4.00pm - 5.00pm	

## Camden/Wollondilly/Wingecarribee Area – Community Pantry

Organisation	Location & Phone Number	Services	Cost	Day / Time & Conditions of Use	Additional Support
<b>Anglicare Moss Vale Anglican Church</b>	Cnr Waite & Browley St, Moss Vale (02) 4868 1299	Mobile community pantry	\$12 for groceries \$3 fresh food	Every Fri 1pm - 2pm (1 week Anglicare fee, 2nd week free). See <a href="http://www.mossvaleanglican.com">www.mossvaleanglican.com</a> for dates	WS
<b>Anglicare St Stephans Anglican Church</b>	Cnr Main & Station St, Mittagong (02) 4871 1947	Mobile community pantry	\$12 for bag of pantry items \$4 fresh food	Every second Fri 10.30am - 11.30am Plus one Fri a month 10.30am - 11.30am	WS MS FS

**WS Wellbeing Support**  
E.g. Counselling, Social Worker

**MS Material Support**  
E.g. Clothing, Blankets

**FS Financial Support**  
E.g. EAPA, Nils, Bills

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<b>Anglicare - NewLife Anglican Church</b>	Cnr Central Avenue & Marcus Loane Way, Oran Park	Mobile community pantry	\$12 for bag of pantry items	Every second Wed 1.45pm - 2.45pm	
<b>Anglicare - St John's Church Anglican Camden</b>	6 Menangle Road, Camden (02) 4655 1675	Mobile community pantry	\$12 for bag of pantry items	Every 2nd Mon 1.30pm - 2.30pm	
<b>Bowral Uniting Church</b>	28 Bendooly St, Bowral (02) 4862 1350	Community pantry	Free	Tues & Wed 10am - 1pm	MS
<b>Highland Grace - Sould Warmers Café &amp; Food Co-op</b>	37 Regent St, Mittagong 0493 560 451	Community Pantry	\$25 hamper, fridge / frozen at reduced cost	Thurs 9am - 12pm	
<b>Mittagong Uniting Church</b>	4-7 Albert St, Mittagong (02) 4862 1350	Community pantry	Free	Mon 9.30am - 11am	MS
<b>Salvation Army</b>	418-420 Bong Bong St, Bowral (02) 4861 3912	Community pantry	Reduced price groceries	Mon & Wed 9.30am - 1.30pm	WS FS
<b>Southern Highland Christian Community Center</b>	3/347 Bong Bong St, Bowral (02) 4861 7460	Community pantry	Free, donations welcome	Tues - Fri 10am - 2pm	WS
<b>St Vincent de Paul Society Bowral</b>	248 Bong Bong St, Bowral 0478 258 451	Community pantry	Free	Tues & Thurs 12pm - 3pm	MS
<b>St Vincent de Paul Society Mittagong</b>	22 Bowral Road, Mittagong (02) 4356 6721 0492 447 968	Community pantry	Free	Mon, Wed, Thurs, Fri 10am - 2pm	MS
<b>St Vincent de Paul Society Moss Vale</b>	502 Argyle Street, Mossvale (02) 4868 2704	Community pantry	Free	Mon, Tues, Wed, Fri 10am - 2pm	WS MS FS
<b>Turning Point Camden Inc.</b>	15 Edward St, Camden (02) 4655 1567	Community pantry	Free	Wed - Fri 10am - 2pm <i>Call, drop in or see website to register.</i>	WS FS

## Camden/Wollondilly/Wingecarribee Area - Hampers

Organisation	Location & Phone Number	Services	Cost	Day / Time & Conditions of Use	Additional Support
<b>Big Yellow Umbrella</b>	Unit 1/Cnr Queen & Elyard Streets, Narellan (02) 4647 1283	Food parcels	Free	Monday, Thurs, Fri, 11am - 12.30pm <i>Call to register.</i>	WS FS
<b>Camden Digital Arts &amp; Culture Center</b>	2/10 Exchange Pd, Smeaton Grange 0416 923 905	Food parcels	Small bag free \$25 family box	Sat - Sun 10am - 2pm <i>Text by Friday to book</i>	WS MS FS
<b>Dhungung Food Share Aboriginal Community Cultural Centre</b>	1A Rainbow Rd, Mittagong 0418 649 106	Food parcels	Free	Thur 10.30am - 12.30pm <i>For Aboriginal people and families. Call to register.</i>	WS MS FS

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E.g. Counselling, Social Worker

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<b>Food Aid</b>	Cnr Railway St & Spring St, Moss Vale 0431 224 995	Food parcels	Free	Fri 11am – 11.30am <i>Order before Thurs 12pm. Text name and number in the family.</i>	
<b>Foursquare Care</b>	82 Mittagong St, Welby 0409 713 190	Food parcel (fruit, veg & bread)	Free	Wed 10.30am – 12pm. <i>Bring your own bags.</i>	
<b>I&amp;T Community Support Team / Yibirmarra Foundation</b>	Address provided once approved for parcel	Food parcels	Free	Mon – Fri 9am – 5pm <i>Book via Facebook. Must be able to collect.</i>	
<b>St Vincent de Paul Picton/Bargo</b>	Picton/Bargo area (02) 4677 2493	Food vouchers	Free	Tues & Fri 9am – 3pm <i>Call hotline and leave message. Assessment required.</i>	
<b>Warragamba Silverdale Neighbourhood Centre</b>	Weir Road & Fourteenth Street, Warragamba 4774 1273	Food parcels	\$5 per bag for food bank. Crisis hampers are free	Mon - Fri, 8am - 4pm <i>Appointment required.</i>	

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