

Low Cost & Free Meals Directory - April 2025



Camden/Wollondilly/Wingecarribee Area - Meals

Organisation	Location & Phone Number	Services	Cost	Day / Time & Conditions of Use	Additional Support
Bowral Uniting Church	28 Bendooly St, Bowral (02) 4862 1350	Centre based meals Frozen meals	Free	Wed from 12pm Tues & Wed 10am – 1pm	MS
C3 Hub	3/347 Bong Bong St, Bowral (02) 4861 7460	Centre based meal	Free, Donations welcome	Tues – Fri 10am – 2pm	WS
Foursquare Care	82 Mittagong St, Welby 0409 713 190	Frozen meals	Free	Wed 10am – 11.30am <i>Bring your own bag</i>	
Meals on Wheels Camden	1/18 Little St, Camden (02) 4655 6822	Home meal delivery	From \$6.70 - \$9.70	Mon - Fri 8.30am - 3pm <i>Call to register. Must be registered with My Aged Care.</i>	WS
Meals on Wheels Southern Highlands	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
PCYC Southern Highlands Dignity Freezers	6 Hawkins Dr, Mittagong (02) 4868 5200	Frozen meals	Free	Mon - Fri 10am - 7pm Sat 9am - 12pm <i>1 bag per person</i>	
Salvation Army	418-420 Bong Bong St, Bowral (02) 4861 3912	Centre based meals	\$5 for coffee & toasted sandwich	Mon & Wed 9.30am - 1.30pm	FS
Shining Stars Foundation	1/117 Remembrance Drive, Tahmoor 0416 690 223	Frozen meals	Free	Every 2nd Friday 4pm - 5pm <i>Outside MP Judy Hannan's office</i>	
Southern Highlands Homeless Service	Shop 5/24 Bowral Road, Mittagong (02) 4428 6230	Frozen meals	Free	Mon - Fri 9am - 5pm	WS MS FS
Turning Point Camden Inc.	15 Edward St, Camden (02) 4655 1567	Centre based meals	Free	Wed 12pm - 12.30pm – lunch Thurs 12pm - 12.30pm - Women's lunch Fri 9am - 11am Men's bfast <i>Call, drop in or see website to register</i>	WS FS
Vinnies Van Picton	13 Colden Place, Picton 0478 853 149	Takeaway meals	Free	Wed 5pm – 5.30pm	MS
Vinnies Van Tahmoor	6 Harper Close, Tahmoor 0478 853 149	Takeaway meals	Free	Wed 5.45pm – 6.15pm	MS

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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Camden/Wollondilly/Wingecarribee Area – Community Pantry

Organisation	Location & Phone Number	Services	Cost	Day / Time & Conditions of Use	Additional Support
Anglicare Moss Vale Anglican Church	Cnr Waite & Browley St, Moss Vale (02) 4868 1299	Mobile community pantry	\$16 for groceries \$3 fresh food	Every Fri 1pm - 2pm (1 week Anglicare cost, 2nd week free). Dates www.mossvaleanglican.com	WS
Anglicare St Stephans Anglican Church	Cnr Main & Station St, Mittagong (02) 4871 1947	Mobile community pantry & frozen meals	\$15 bag of pantry items \$5 fresh food	Every second Fri 10.30am - 11.30am Plus one Fri a month 10.30am - 11.30am	WS MS FS
Anglicare - NewLife Anglican Church	Cnr Central Avenue & Marcus Loane Way, Oran Park	Mobile community pantry	\$15 bag of pantry items	Every second Wed 1.45pm - 2.45pm	
Anglicare - St John's Church Anglican Camden	6 Menangle Road, Camden (02) 4655 1675	Mobile community pantry	\$15 for bag of pantry items	Every second Mon 1.30pm - 2.30pm	
Australia DIY Families Institute	29 Railway Ave, Bundanoon 0428 455 302	Community pantry	Reduced price groceries	Mon, Wed - Sun 9.30am - 4pm <i>Register on website diyfamilies.org.au/</i>	MS
Bowral Uniting Church	28 Bendooly St, Bowral (02) 4862 1350	Community pantry	Free	Tues & Wed 10am - 1pm	MS
C3 Hub	3/347 Bong Bong St, Bowral (02) 4861 7460	Community pantry	Free, donations welcome	Tues - Fri 10am - 2pm	WS
Highland Grace – Soul Warmers Café & Food Co-op	37 Regent St, Mittagong 0493 560 451	Community pantry	\$25 hamper, fridge/frozen at low cost	Thurs 9am - 12pm	
Mittagong Uniting Church	4-7 Albert St, Mittagong (02) 4862 1350	Community pantry	Free	Mon 9.30am - 11am	MS
Salvation Army	418-420 Bong Bong St, Bowral (02) 4861 3912	Community pantry	Reduced price groceries	Mon & Wed 9.30am - 1.30pm	FS
Southern Highlands Homeless Service	Shop 5/24 Bowral Road Mittagong (02) 4428 6230	Community pantry	Free	Mon - Fri 9am - 5pm	WS MS FS
St Vincent de Paul Society Bowral	248 Bong Bong St, Bowral 0478 258 451	Community pantry <i>Supermarket cards</i>	Free	Tues & Thurs 12pm - 3pm <i>Call to register</i>	MS
St Vincent de Paul Society Mittagong	22 Bowral Road, Mittagong (02) 4356 6721 0492 447 968	Community pantry	Free	Mon - Fri 10am - 2pm	MS
St Vincent de Paul Society Moss Vale	502 Argyle Street, Mossvale (02) 4868 2704	Community pantry	Free	Mon, Tues, Wed & Fri 10am - 2pm	WS MS FS
Turning Point Camden Inc.	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

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Camden/Wollondilly/Wingecarribee Area - Hampers

Organisation	Location & Phone Number	Services	Cost	Day / Time & Conditions of Use	Additional Support
Big Yellow Umbrella	Unit 1/Cnr Queen & Elyard Streets, Narellan (02) 4647 1283	Food parcels	Free	Mon, Thurs & Fri 11am - 12.30pm <i>Call to register</i>	WS FS
Camden Digital Arts & Culture Center	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
Dhungung Food Share Aboriginal Community Cultural Centre	1A Rainbow Rd, Mittagong 0456 629 071	Food parcels	Free	Thurs 10.30am - 12.30pm <i>For Aboriginal people and families. Call to register</i>	WS MS FS
Food Aid	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>	WS MS
Foursquare Care	82 Mittagong St, Welby 0409 713 190	Food parcels (fruit, veg & bread)	Free	Wed 10am - 11.30am <i>Bring your own bags</i>	
Yibirmarra Foundation/ Yibirmarra Community Outreach Team	Address provided once approved for parcel 0447 644 349 yibirmarracst@gmail.com	Food parcels	Free	Mon - Fri 9am - 5pm Sun on request. <i>Book via phone, facebook or email. Must be able to pick up</i>	MS
St Vincent de Paul Picton/Bargo	Picton/Bargo area (02) 4677 2493	Food vouchers	Free	Tues & Fri 9am - 3pm <i>Call hotline and leave message. Assessment required</i>	WS MS FS
Vinnies Van Picton	13 Colden Place Picton 0478 853 149	Food parcels	Free	Wed 5pm - 5.30pm	MS
Vinnies Van Tahmoor	6 Harper Close Tahmoor 0478 853 149	Food parcels	Free	Wed 5.45pm - 6.15pm	MS
Warragamba Silverdale Neighbourhood Centre	Cnr Weir Road & Fourteenth Street, Warragamba 4774 1273	Food parcels	\$5 per bag Free Crisis hampers	Mon - Fri 8am - 4pm <i>Appointment required.</i>	WS FS



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