

Low Cost & Free Meals Directory – April 2026



Camden/Wollondilly/Wingecarribee Area - Meals

Organisation	Location & Phone Number	Services	Cost	Day / Time & Conditions of Use	Additional Support
Bowral Uniting Church	28-30 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 See Facebook page for updates	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 \$6.90 - \$9.90	Mon - Fri 8.30am - 3pm Meal delivery Mon- Fri 11am – 1pm <i>Call to register. Must be registered with My Aged Care.</i>	
Meals on Wheels Southern Highlands	Lot 1 Queen St, Moss Vale (02) 4869 4032	Centre based meal & Home meal delivery	From \$7 - \$15	Mon, Wed - Fri 7.30am - 3pm <i>Call to register</i>	FS
PCYC Southern Highlands Dignity Freezers	6 Hawkins Dr, Mittagong (02) 4868 5200 See Facebook page for updates	Frozen meals	Free	Mon - Fri 10am - 8pm <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 - 4pm <i>Meal availability depends on supply</i> <i>Case management available</i>	WS
Turning Point Camden Inc.	13 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 breakfast <i>Call, drop in or visit turningpointcamden.org.au/ to register</i>	WS 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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Vinnies Van Tahmoor	6 Harper Close, Tahmoor 0478 853 149	Centre based meals & frozen meals	Free	Every third Wed 12 – 1pm	
Vinnies Van Bargo	79 Avon Dam Road, Bargo 0478 853 149	Frozen meals	Free	Every second & fourth Wed 5pm – 5.30pm	

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	Community pantry	\$15 for groceries Free fresh food	Every Fri 1pm - 2pm (1 week Anglicare cost, 2nd week free). Dates www.mossvaleanglican.com	
Anglicare St Stephens Anglican Church	Cnr Main & Station St, Mittagong (02) 4871 1947	Mobile community pantry & frozen meals	\$15 bag of pantry items \$5 fresh food	Pantry every second Fri 10.30am - 11.30am Plus one Fri a month 10.30am – 11.30am Call for frozen meals days and time	
Anglicare - NewLife Anglican Church	Cnr Central Avenue & Marcus Loane Way, Oran Park	Mobile community pantry	\$15 bag of pantry items	Every second Wed 1pm - 2pm	
Anglicare - St John's Anglican Church Camden	6 Menangle Road, Camden (02) 4655 1675	Mobile community pantry	\$15 for bag of pantry items	Every second Mon 1.30pm - 2.30pm	
Anglicare - St Marks Anglican Church	7 Menangle Street, Picton (02) 46308888	Community pantry	\$15 for bag of pantry items	Every second Thurs 1pm-2pm	
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>	
Bowral Uniting Church	28-30 Bendooly St, Bowral (02) 4862 1350	Community pantry	Free	Tues & Wed 10am – 1pm	
C3 Hub	3/347 Bong Bong St, Bowral (02) 4861 7460	Community pantry	Free, donations welcome	Tues – Fri 10am – 2pm	
Highlands Community Centres	2 Mona Road, Bowral 4862 1122	Community Pantry	Free	Mon-Fri 9am – 4pm	
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 – 10.30am	
Salvation Army	418–420 Bong Bong St, Bowral (02) 4861 3912	Community pantry	Reduced price groceries	Mon & Wed 9.30am - 1.30pm	

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Southern Highlands Homeless Service	Shop 5/24 Bowral Road Mittagong (02) 4428 6230	Community pantry	Free	Mon - Fri 9am - 4pm <i>Case management available</i>	
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 or walk-in</i>	
St Vincent de Paul Society Moss Vale	502 Argyle Street, Moss Vale (02) 4868 2704	Community pantry	Free	Mon - Fri 10am – 2pm <i>Register onsite. Bring ID</i>	
St Vincent de Paul Society: St Michael's Conference	22 Bowral Road, Mittagong, 0492 44 7968	Community pantry	Free	Mon, Wed- Fri 10am-2pm <i>Can call to make appointment</i>	
Turning Point Camden Inc.	13 Edward St, Camden (02) 4655 1567	Community pantry	Free	Wed – Fri 10am – 2pm <i>Call, drop in or visit turningpointcamden.org.au/ to register</i>	
Vinnies Van Tahmoor	6 Harper Close Tahmoor 0478 853 149	Food parcels	Free	Every third Wed 12pm - 1pm	
Vinnies Van Bargo	79 Avon Dam Road, Bargo 0478 853 149	Food parcels	Free	Every second & fourth Wed 5pm-5.30pm	

Camden/Wollondilly/Wingecarribee Area - Hampers

Organisation	Location & Phone Number	Services	Cost	Day / Time & Conditions of Use	Additional Support
Big Yellow Umbrella	Cnr Queen & Elyard Street, Narellan 1300 000 298	Food parcels (fruit, veg, protein)	Free	Wed, Thurs & Fri <i>Call to register</i> Crisis hamper for Camden families – <i>collection from 11am</i>	
Dhungung Food Share Aboriginal Community Cultural Centre	1A Rainbow Rd, Mittagong 0456 629 071	Food parcels	Free	Thurs 10.30am – 11.30am <i>For Aboriginal people and families. Call to register</i> Drop-in service available <i>Call for details</i>	
Food Aid	Cnr Spring St & Railway St, Moss Vale 0431 224 995	Food parcels	Free	Fri 10.30am – 11am <i>Order Thurs between 9am - 12pm.</i> <i>Text name and number in the family</i>	
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>	
St Vincent de Paul Picton/Bargo	Picton/Bargo area (02) 4677 2493	Food vouchers & parcels	Free	Tues & Fri 9am – 11am <i>Call hotline and leave message. Assessment required. Tahmoor by appointment only.</i>	

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Warragamba Silverdale Neighbourhood Centre	6 Thirteenth Street, Warragamba (02) 4774 1273	Food parcels	\$5 per bag Free Crisis hampers	Mon - Fri 9am - 4pm <i>Appointment required. Call, drop in or visit https://www.wsnc.org.au/ to contact</i>	
Yibirmarra Foundation/ Yibirmarra Foundation Community Outreach Team	Various collection sites across South Western Sydney 0447 644 349	Food parcels (fresh produce and pantry items)	Free	Mon-Fri Call or book via Facebook page for hamper <i>Must be able to collect</i> Thurs 12pm - 1pm <i>Emergency hampers available</i>	

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