

Low Cost and Free Meals Directory Bankstown Area



Meals

Organisation Location and Phone Number Service Day and Time Cost Conditions of use Transport

<i>Prosper (Project Australia)</i>	Rotary Community Centre, 34 North Parade, Campsie 0402 787 571	Food truck service	Every Thurs (school term only) 11:30am - 12:30pm	Free	None	 3 min walk from Campsie station
<i>Riverwood Community Centre</i>	151 North Belmore Road, Riverwood 9533 0100	Hot meal	Every Mon From 5pm	Free	Must be a community member	 Bus routes: 940, 944, 945
<i>Salvation Army</i>	Courtyard Café 42 Raymond Street, Bankstown 9796 1176	Meal and tea/ coffee	Tues - Wed 11:45am - 12:30pm	\$2 for concession card holders \$4 for others	None	 4 min walk from Bankstown station
<i>St Vincent de Paul Society</i>	2A East Terrace, Bankstown 9796 1176	Food vouchers	As required	Free	Appointment required	 6 min walk from Bankstown station

Disclaimer

Information included in this directory is correct at the time of publishing.

Please contact Health Promotion Service for more information at SWSLHD-HealthPromotionUnit@health.nsw.gov.au

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Key



Walk from nearest station







Bus stop route within walking distance from location







Home Delivery





Hampers

Organisation	Location and Phone Number	Service	Day and Time	Cost	Conditions of use	Transport
<i>Bankstown Women's Health Centre</i>	Level 1, 24-26 Jacobs Street, Bankstown 9790 1378	Food hamper	Contact to request hamper	\$2	Must be over 18 and living in the City of Canterbury Bankstown	 10 min walk from Bankstown station
<i>Metro Assist</i>	Level 2/59-93 Evaline St, Campsie 9789 3744	Food parcel	As required	Free for emergency parcel \$15 for regular fortnightly parcel	Must register to receive regular fortnightly food parcel	 8 min walk from Campsie station
<i>Mountaha's Helping Hand</i>	2/15-17 Gartmore Avenue, Bankstown 0405 610 693 or 0405 600 493	Emergency food vouchers	As required	Free	Must call for appointment	 Bus routes: 487, 922, 923, 924, 945, M90, M91, M92
<i>St Vincent's De Paul Society</i>	2A East Terrace, Bankstown 9796 1176	Food parcel	During office hours 9:30am - 12pm 1pm - 3:30pm	Free	Anyone can access emergency food relief, for further assistance copy of income statement and ID required	 Bus route: 807

Community Pantry

<i>Addison Road Community Organisation – The Mamma Penny Initiative</i>	Belmore Youth Resource Centre, 38-40 Redman Parade, Belmore 0423 207 530	Pantry	Fri 9:30am - 11am	\$5 bag	No conditions	 2 min walk from Belmore station
<i>Anglicare</i>	Good Shepherd Church, 80 Pandora Street, Greenacre 9750 8250	Mobile pantry	Every second Wed 1:30pm - 2:30pm	\$2 contribution	Bring ID, fill a bag with pantry items of your choice	 Bus routes: 939, 941 or 946 and 5 minute walk
<i>Anglicare</i>	St Andrews Anglican Church, Corner Quigg and Lakemba Street, Lakemba 0425 219 029	Mobile Pantry	Every second Thurs 1:30pm - 2:30pm	\$2 contribution	Bring ID, fill a bag with pantry items of your choice	 6 min walk from Lakemba station
<i>Anglicare</i>	Yagoona Anglican Church, 213 Auburn Road, Yagoona 9793 3062	Mobile Pantry	Every second Wed 12:30pm - 1:30pm	\$10 contribution	Bring ID, fill a bag with pantry items of your choice	 Bus routes: 907, M91

Community Pantry

Organisation	Location and Phone Number	Service	Day and Time	Cost	Conditions of use	Transport
<i>Anglicare</i>	Riverwood Anglican Church, 9 Littleton Street, Riverwood 9153 7624	Mobile Pantry	Every second Thurs 9:30am - 10:30am	\$10 contribution	Bring ID, fill a bag with pantry items of your choice	 Bus routes: 940, 944, 945, M91, M92
<i>Bankstown Women's Health Centre</i>	24-26 Jacobs Street, Bankstown 9790 1378	Fresh fruit, veg and pantry items	Every Thurs 9:30am - 10:30am Tickets are given out 7:30am	\$2 contribution	BYO bag	 5 min walk from Bankstown station
<i>Greenacre Community Area Centre - Food Share Program</i>	87 Waterloo Road, Greenacre 9750 7982	Fresh fruit, veg, pantry items (depending on availability)	Every Fri from 12pm until all bags are handed out	\$2 contribution	Must call on Tuesday to book Must live in Canterbury/ Bankstown area	 Bus routes: 939, 940, 946
<i>The Staples Bag</i>	449 Canterbury Rd, Campsie 9787 6832	Low cost supermarket	Mon - Fri 9:30am - 4:30pm	Standard Bag \$20 (Can feed 1-2 people for up to a week) Family Bag \$30 (Can feed 3-4 people for up to a week) Vegetarian Bag \$15 (Can feed 1-2 people for up to a week) Can also purchase individual items	No conditions	 Bus routes: M41, 415, 420, 445, 492