

Low Cost & Free Meals Directory



Liverpool Area - Meals

Organisation	Location & Phone Number	Services	Cost	Day / Time & Conditions of Use	Additional Support
CORE Community Services: run by Exodus Foundation	16 Woodward Cres, Miller (02) 8582 4110	Centre based meals	Free	Mon – Fri 11:30am – 12:30pm	WS MS
CORE Community Services	16 Woodward Cres, Miller (02) 8582 4110	Frozen meals	Free	Mon – Fri 9am – 4:30pm	WS MS
Dignity Food Relief Program	Liverpool PCYC, 1 Cartwright Av, Miller (02) 8103 5399	Frozen meals	Free	Mon - Fri 9am - 8pm	
Exodus Foundation Liverpool	28 Pirie St, Liverpool (02) 8752 4600	Centre based meals	Free	Mon – Fri 9am – 9.45am & 11.30am – 12.45pm Sat – Sun 11am – 11.45am	MS
Exodus Foundation Miller	16 Woodward Cres, Miller (02) 8752 4600	Centre based meals	Free	Mon – Sun 11.30am – 12.30pm Wed, Thu, Sat, Sun 6.30pm - 7.30pm	MS
Exodus Foundation Warwick Farm	Hart St Hart Park, Warwick Farm (02) 8752 4600	Centre based meals	Free	Sat - Sun 12pm - 1pm	MS
Heaven on Earth: Liverpool Pioneers Memorial Park	Liverpool Pioneers Memorial Park 0414 447 883	Takeaway meals	Free	Mon 6 - 7pm	MS
Meals on Wheels	92 Memorial Avenue, Liverpool (02) 9601 3728	Home meal delivery	Price range: \$2 - \$7	Mon - Fri, 9am-1pm <i>Call to register</i>	WS
Salvation Army Community Welfare Centre	51-55 Memorial Ave Liverpool, corner of Bathurst Street (02) 9601 2813	Takeaway meals	Free	Mon, Wed & Thu Breakfast 10am Lunch 11.45am	WS FS

Liverpool Area – Community Pantry

Organisation	Location & Phone Number	Services	Cost	Day / Time & Conditions of Use	Additional Support
Anglicare	60 Moore Street, Liverpool (02) 8774 7467	Community pantry	\$12 bag of pantry items	Mon- Fri 9am- 4pm Saturday 10am - 4pm <i>Call to register</i>	WS MS FS
Anglicare Liverpool South Anglican Church	152 Graham Ave, Lurnea (02) 9601 5526	Mobile community pantry	\$12 bag of pantry items	Every second Tue 1pm – 2pm	
Anglicare Moorebank Hammondville Anglican Church	79 Nuwarra Rd, Moorebank (02) 9602 8836	Mobile community pantry	\$12 bag of pantry items	Every second Tue 10.30am-11.30am	
Anglicare St Marks Anglican Church	1 Spica Street, Sadleir 0427 702 188	Mobile community pantry	\$4 bag of fresh food items	Every second Tue 10am-11am	

WS Wellbeing Support
E.g. Counselling, Social Worker

MS Material Support
E.g. Clothing, Blankets

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

Disclaimer: Information included in this directory is correct at the time of publishing. Date of publication: April 2024. Please contact Health Promotion Service for more information: SWSLHD-HealthPromotionUnit@health.nsw.gov.au

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Liverpool Area - Hampers

Organisation	Location & Phone Number	Services	Cost	Day / Time & Conditions of Use	Additional Support
All Nations Christian Fellowship	63 Goulburn St, Liverpool 0424 331 344	Food parcel – fruit & veg	Free	Sat 9am - 10am	
Anglicare	9-15 Northumberland St, Liverpool (02) 8624 8600	Food parcel	Free	Mon - Fri 9am – 4pm <i>Call to register</i>	WS MS FS
CORE Community Services	16 Woodward Cres, Miller (02) 8582 4110	Food parcel	Free	Mon 12pm - 3pm <i>Call to register</i>	WS MS
CORE Community Services	476 Cabramatta Road, West Mt Pritchard (02) 8582 4170	Food parcel	Free	Mon – Fri 9am – 4pm <i>Call to register and arrange day and time Fairfield and Liverpool residents only</i>	FS
Heckenberg Community Connect	1 Tantangara Street, Heckenberg (02) 9607 0077 Head office: (02) 9600 0600	Food parcel	\$5	Every second Fri, 8.30-11.30am pick up (School terms only) <i>Call to register</i>	MS
Heckenberg Community Connect	1 Tantangara Street, Heckenberg (02) 9607 0077 Head office: (02) 9600 0600	Food parcel	\$7 – dinner in a bag, feeds family of 4	Call to arrange pick up day and time Contact hours: Tue - Fri 9am -12pm	MS
I&T Community Support Team / Yibirmarra Foundation	Contact via facebook page for location details	Food parcel	Free	Mon - Fri 9am - 5pm, Sunday on request <i>Book via facebook page Must be able to pick up</i>	MS
Mission Australia	No physical address 8784 5400	Food voucher	Free	Mon – Fri 9am – 1pm <i>Call for assessment. Liverpool LGA only.</i>	MS FS
Salvation Army Community Welfare Centre	51-55 Memorial Ave Liverpool, corner of Bathurst Street (02) 9601 2813, Assessment line: 8775 7988	Food voucher	Free	Mon - Fri 9am - 4pm <i>Face to face appointments call 9601 2813. Or call assessment line 8775 7988</i>	WS FS

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