







# Low Cost and Free Meals Directory Bankstown Area



## Meals

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

<i>Bankstown Meals on Wheels</i>	Greenacre Senior Citizen Centre, 202 Waterloo Rd, Greenacre 9707 9646	Home meal delivery	Delivery between Mon - Fri 11:30am - 1pm	Cost varies between \$2 - \$6.70	Registration required, contact organisation prior	 Delivery
<i>Bankstown Meals on Wheels</i>	Bankstown Senior Citizens Centre, 7 West Terrace, Bankstown 9707 9646	Centre-based meal	Mon - Fri 9:30am - 2:30pm	Cost varies between \$2 - \$6.70	Registration required, contact organisation prior	 5 min walk from Bankstown station
<i>Bankstown Meals on Wheels</i>	Greenacre Senior Citizen Centre, 202 Waterloo Rd, Greenacre 9707 9646	Community restaurant	Mon - Fri 10:30am - 2pm	\$10 - \$12	Registration required, contact organisation prior	 M90 and 7 min walk
<i>Campsie Uniting Church</i>	36 Evaline Street, Campsie 0409 648 623	Drop In (includes lunch) Fruit, veg and bread available through 'Second Bite' program	Tues and Thurs 10am - 12:30pm (closed for two weeks over Christmas)	Free	Open to anyone who lives alone or with a physical or psychosocial disability. Carers are also welcome.	 5 min walk from Campsie station
<i>Canterbury Meals on Wheels</i>	2/2 Carrington Square, Campsie 9718 3093	Home meal delivery	Mon - Fri 10:30am - 2pm	\$7	Registration required, contact organisation prior	 Delivery
<i>Chester Hill Neighbourhood Centre</i>	Chester Hill Guide Hall, 159 Waldron Road, Chester Hill 9645 3700	Social lunch	Every Wed 10am - 2pm	\$8	Bookings essential	 7 min walk from Chester Hill station

### Disclaimer

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

Please notify Health Promotion Service of any changes on 8738 5911.

Date of publication: December 2019

### Key



Walk from nearest station



Bus stop route within walking distance from location



Home Delivery

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<i>Lebanese Muslim Association (LMA)</i>	71-75 Wangee Rd, Lakemba 9750 6833	Emergency food vouchers, depending on availability	As required	Free	Must be assessed by a social worker at LMA prior	 12 min walk from Lakemba station  946 and 3 min walk
<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 6pm - 8pm	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
<i>Youth Off the Streets Outreach</i>	Paul Keating Park, The Mall, Bankstown 9796 1193	Freshly cooked meals and snacks	Every Thurs 6pm - 9pm	Free	Must be within 12 - 24 years of age	 3 min walk from Bankstown station






# Hampers

Organisation	Location and Phone Number	Service	Day and Time	Cost	Conditions of use	Transport
<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	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 routes: 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 and 5 minute walk
<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

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<i>Anglicare</i>	Chester Hill Anglican Church, 125 Proctor Parade, Chester Hill 0422 844 380	Mobile Pantry	Every second Wed 1:30pm - 2:30pm	\$10 contribution	Bring ID, fill a bag with pantry items of your choice	 5 min walk from Chester Hill station
<i>Anglicare</i>	Anglicare Shops Factory Outlet, 9 Christina Rd, Villawood 8774 7467	Pantry	Mon - Fri 9am - 3:45pm Sat 9am - 1:45pm	\$10 contribution	Bring ID, fill a bag with pantry items of your choice	 9 min walk from Leightonfield station
<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 Thurs from 9:30am until all bags are handed out	\$2 contribution	Must be 18 years of age and older and 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 Sat 9am - 2pm	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