

Low Cost and Free Meals Directory Liverpool Area



Meals

| Organisation | Location and Phone Number | Service | Day and Time | Cost | Conditions of use | Transport |
|---|--|--|--|--|---|---------------------------|
| <i>CORE Community Services</i> Run by: Exodus Foundation | Miller Square, Woodward Crescent, Miller 8717 1531 | Take away meal | Mon, Wed and Fri 11:30am - 12:30pm | Free | No conditions | Bus routes: 802 803 |
| <i>The Movement</i> | Miller Square, Woodward Crescent, Miller 8717 1531 | Take away meal | Mon 5pm - 7pm | Free | No conditions | Bus routes: 802 803 |
| <i>Heaven on Earth</i> | Liverpool Pioneers Memorial Park, Liverpool 0414 447 883 | Community dinner | Mon 5pm - 7pm | Free | No conditions | 15 min walk |
| <i>Liverpool Community Kitchen and Hub</i> | Liverpool Uniting Church 28 Pirie Street, Liverpool 9734 4710 | Community breakfast Community lunch | Mon - Fri 9:30am - 10:30am Mon - Fri 12pm - 12:30pm | Free | No conditions | 5 min walk |
| <i>Liverpool Night Patrol</i> | Edwin Wheeler Oval/ Miller Park, Corner Maxwells Avenue, Sadleir 9724 6300 | Community dinner | Tues - Sat 9:15pm - 9:45pm | Free | No conditions | Bus routes: 802 803 |
| <i>Liverpool Night Patrol</i> | Liverpool Pioneers Memorial Park, Liverpool 9724 6300 | Community dinner | Tues - Sat 8:30pm - 9pm | Free | No conditions | 15 min walk |
| <i>Liverpool Women's Resource Centre</i> | 23 Sheriff Street, Ashcroft 9607 7536 | Community kitchen | Wed 11:30am - 1:30pm | Free | No conditions | Bus routes: 804 805 |
| <i>Meals on Wheels</i> | 92 Memorial Avenue, Liverpool 9601 3728 | Home meal delivery | Mon - Fri | Breakfast: \$2 Meal: \$6 Sandwich: \$2.50 Soup: \$2.50 Dessert: \$1.50 | Registration required, contact organisation prior | Delivery |
| <i>Southwest Community Centre</i> | 632 Hume Highway, Casula 9600 7122 | Take away meal | Every second Wed afternoon or Thurs morning | Free optional donation | Contact organisation prior for time | Bus routes: 870 872 |

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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April 2020

Key



Walk from Liverpool Station



Bus stop route within 5 minutes from location



Home Delivery

Hampers

| Organisation | Location and Phone Number | Service | Day and Time | Cost | Conditions of use | Transport |
|--|--|-----------------------------|--|------|---|---|
| <i>CORE Community Services</i> Run by: Borderless | 16 Woodward Crescent, Miller 8717 1531 | Hamper | Wed | Free | Hampers are limited, contact organisation |  Bus routes: 802 803 |
| <i>Heckenberg Community Connect</i> | Oliveri Hall, 1 Tantangara Street, Heckenberg 9607 0077 | Meal hamper | Tues to Thurs 9:30am - 3pm Fri 9:30am - 12:30pm | \$7 | Hamper provides ingredients to cook a meal |  Bus routes: 827 S10 |
| <i>iCare Community Services</i> | 6 Speed Street, Liverpool 9119 8727 | Bread, fruit and vegetables | Tues and Thurs 12:30pm - 1:30pm | Free | Bring your own bag |  5 min walk |
| <i>Liverpool Women's Resource Centre</i> | 23 Sheriff Street, Ashcroft 9607 7536 | Food hamper | Tues 9am - 4pm | \$10 | Order before Thurs lunch time and pick up Tues |  Bus routes: 804 805 |
| <i>Liverpool Women's Resource Centre</i> | 23 Sheriff Street, Ashcroft 9607 7536 | Community garden/vegetables | Mon to Fri Women: 9am - 4pm | Free | Open to wider community from Mon to Fri 5pm and onwards |  Bus routes: 804 805 |

Community Pantry

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|--------------------|--|---------------|--|--|---|---|
| <i>Anglicare</i> | 33 Cartwright Avenue, Miller 8717 1531 | Mobile Pantry | Mon and Wed 10am - 3pm | Pantry items: \$10 Fresh food: \$2 | Pension, healthcare or immigration card |  Bus routes: 802 803 |
| <i>Anglicare</i> | Liverpool Shop 60 Moore Street, Liverpool 9822 5529 | Mobile Pantry | Mon and Wed 9:30am - 1pm | Pantry items: \$10 Fresh food: \$2 | Pension, healthcare or immigration card |  5 min walk |
| <i>Anglicare</i> | Riverside Anglican Church 79 Nuwarra Road, Moorebank 9821 1014 | Mobile Pantry | Every second Tues 9:30am - 11:30am | Pantry items: \$10 Fresh food: \$2 | Pension, healthcare or immigration card |  Bus routes: 902X |
| <i>Anglicare</i> | St Luke's Anglican Church 156 Northumberland Street, Liverpool 9821 1014 | Mobile Pantry | Tues 10am - 11am | Pantry items: \$10 Fresh food: \$2 | Pension, healthcare or immigration card |  10 min walk |
| <i>Anglicare</i> | St Mark's Anglican Church 1 Spica Street, Sadleir 9607 7547 | Mobile Pantry | Every second Tues 9:30am - 10:30am | Pantry items: \$10 Fresh food: \$2 | Pension, healthcare or immigration card |  Bus routes: 804 |
| <i>Food 4 Life</i> | 11 Jersey Street, Busby 9826 7819 | Pantry | Mon 1pm - 4pm Tues 10am - 2pm Thurs 10am - 1pm | \$15 | No conditions |  Bus routes: 803 804 |