

FREE & CHEAP MEALS

Please call first to confirm these times or check their website as times and days can change

BREAKFAST						
	MON	TUES	WED	THURS	FRI	SAT
ADAMSTOWN LiveFree Project 486 Glebe Rd, Adamstown Ph: 0412 429 193		8:45 - 10:30am During School Term				
CARDIFF Survivor's R Us 57 Pendlebury Rd Cardiff Ph: 4953 7108	8 - 10am			8 - 10am		
HAMILTON Reach Hamilton Train Station Park	6:30 – 8:30am Take Away Breakfast	6:30 – 8:30am Take Away Breakfast	6:30 – 8:30am Take Away Breakfast	6:30 – 8:30am Take Away Breakfast	6:30 – 8:30am Take Away Breakfast	
NEWCASTLE Soul Hub 2nd Flr, Cnr Hunter & Watt St Newcastle Ph: 4926 1758	7am - 8:30 am		7am - 8:30 am	7am - 8:30 am	7am - 8:30 am	7am - 8:30 am
WALLSEND BaptistCare HopeStreet 58 Cowper St, Wallsend Ph: 4032 5224	9am - 3pm	9am - 3pm	9am - 3pm	9am - 3pm	9am - 3pm	
WINDALE BaptistCare HopeStreet Shop 1, 24 South St, Windale Ph: 4032 4810	9:30am – 12:30pm	9:30am – 12:30pm	9:30am – 12:30pm	9:30am – 12:30pm	9:30am – 2pm	
LUNCH						
	MON	TUES	WED	THURS	FRI	SUN
CARDIFF Survivor's R Us 57 Pendlebury Rd Cardiff Ph: 4953 7108		2:30pm Hot Food.	2:30pm Hot Food.	2:30pm Hot Food.		
HAMILTON Catholic Care 29 Fowler St, Hamilton South Ph: 4979 1339			12noon – 1pm			

	MON	TUES	WED	THURS	FRI	SUN
Salvation Army 67 Cleary St Hamilton Ph: 4969 8066					11am – 1pm Free Community Lunch	
NEWCASTLE Soul Hub 2nd Flr, Cnr Hunter & Watt St Newcastle Ph: 4926 1758	10:30am –12:30pm	10:30am –12:30pm	10:30am –12:30pm	10:30am –12:30pm		Fortnightly 12 - 1pm
Christchurch Cathedral Church Street, NEWCASTLE Ph: 4929 2052						Fortnightly 12:30 - 1:30pm
TIGHES HILL Got Your Back Sista Call to register Ph: 4989 2777			Every 2nd Wednesday Cooking class & lunch together.			
WALLSEND BaptistCare HopeStreet 58 Cowper St, Wallsend Ph: 4032 5224	9:30am - 1:30pm Free breakfast. Low-cost lunch.	9:30am - 1:30pm Free breakfast. Low-cost lunch.	9:30am - 1:30pm Free breakfast. Low-cost lunch.	9:30am - 1:30pm Free breakfast. Low-cost lunch.	9:30am - 12pm Free breakfast. Low-cost lunch.	
WINDALE BaptistCare HopeStreet Shop 1, 24 South St, Windale Ph: 4032 4810	9:30am – 2pm	9:30am – 2pm	9:30am – 2pm	9:30am – 2pm	9:30am – 2pm	
PCYC Lake St Windale (School Terms)	12 noon					
DINNER						
	MON	TUES	WED	THURS	FRI	SAT
BELMONT Belmont Baptist Care 25-27 Maude St. Except Public Holidays. Ph: 0491 631 450	4:45 - 6pm \$5/\$10 families requested but not essential					
HAMILTON Food Not Bombs Awaba Park, Hamilton Train Station	5 - 7pm		5 - 7pm			
Streetcare James St Clocktower Park Beaumont St Hamilton			9pm	3 - 4am		
REACH Newcastle James St Plaza, cnr Beaumont St, Hamilton Ph: 0435 828 410					7:30 – 9:30pm	

	MON	TUES	WED	THURS	FRI	SAT
MAYFIELD Grainery Care 11 Murray Dwyer Circuit Mayfield West Ph: 4967 4777		6pm Community Dinner During School Term				
MEREWETHER Merewether Uniting Church, 178 Glebe Rd, Merewether Ph: 4961 4525		6pm				
NEWCASTLE Catholic Care Food Van Civic Park, King Street, Newcastle Ph: 4979 1339						6.30 -7pm
TORONTO Catholic Care 97 The Boulevard, Toronto Ph: 4979 1339				5 - 6.30pm		
WICKHAM Streetcare Wickham Interchange				2am		

FREE & CHEAP FOOD, PANTRY ITEMS

Please call first to confirm these times or check their website as times and days can change.

	MON	TUES	WED	THURS	FRI
ADAMSTOWN LIVEfree PROJECT Call to organise Ph: 0412 429 193 486 Glebe Rd, Adamstown	Frozen meals	<ul style="list-style-type: none"> Doorstep Deliveries of Essential Goods Frozen meals 	Frozen meals	Doorstep Deliveries of Essential Goods	Frozen meals
BELMONT Salvation Army 360 Pacific Highway Belmont North Ph: 4945 1912	9am-2pm Emergency food hampers.	9am-2pm Emergency food hampers.	9am-2pm Emergency food hampers.		
Belmont Neighbourhood Centre 359 Pacific Highway Belmont North Ph: 4947 0031					Oz Harvest food package Call First between 9-11am Friday. Pickup is at 2pm
BOLTON POINT Lakes Salvos 156 Bay Rd, Bolton Point Ph: 4959 7424		9:30am-2pm <u>Call for emergency food</u> 10am – 2pm Food Market	9:30am-2pm <u>Call for emergency food</u>	9:30am-2pm <u>Call for emergency food</u> 10am – 2pm Food Market	
BROADMEADOW Samaritans 34 Bruncker Road, Broadmeadow Phone: 4922 1540 *Food collected after a ph appointment. Appts can be made on the day.	10am – 2pm Food vouchers and food parcels*		10am – 2pm Food vouchers and food parcels*	10am – 2pm Food vouchers and food parcels*	10am – 2pm Food vouchers and food parcels*
CALLAGHAN CAMPUS Uni of Newcastle Students Association Callaghan Campus Ph: 4921 6006	9am UNSA Pantry Free and Discounted Groceries	9am UNSA Pantry Free and Discounted Groceries	9am UNSA Pantry Free and Discounted Groceries	9am UNSA Pantry Free and Discounted Groceries	9am <ul style="list-style-type: none"> UNSA Pantry Free and Discounted Groceries Free Food Friday
CARDIFF Survivor's R Us 57 Pendlebury Rd Cardiff Ph: 4953 7108	9am-4pm Low Cost Food Pantry	9am-4pm Low Cost Food Pantry	9am-4pm Low Cost Food Pantry	9am-4pm Low Cost Food Pantry	9am-12 noon Low Cost Food Pantry 9am – 12 noon (or until all gone) OzHarvest Bags
Manna House, Macquarie Care Crn Macquarie & Wentworth Rds, Cardiff Ph: 4954 3930				2pm \$5 food hampers	
EDGEWORTH Edgeworth Memorial Neighbourhood Centre 1 Minmi Rd Edgeworth Ph: 4072 1002	1 – 2:30pm Second Bite food support program			1 – 2:30pm Second Bite food support program	
HAMILTON SDA. 105 Lindsay St, Hamilton Ph: 0438 474 008				4 - 5:30pm The Pantry Bring: shopping bags.	

FREE & CHEAP FOOD, PANTRY ITEMS

Please call first to confirm these times or check their website as times and days can change.

	MON	TUES	WED	THURS	FRI
Hamilton South Community Centre 29 Fowler St, Hamilton South Ph: 0438 474 008					10am – 11:30am Pop up pantry Bring: shopping bags.
Salvation Army 67 Cleary St Hamilton Ph: 4088 5850	9am - 2pm Emergency Relief service, community meals, homeless packs	1:30pm - 3:30pm Emergency Relief service, community meals, homeless packs,	9am - 2pm Emergency Relief service, community meals, homeless packs,	9am - 2pm Emergency Relief service, community meals, homeless packs	9am - 2pm Emergency Relief service, community meals, homeless packs,
HOLMESVILLE Mums Cottage Ph: 4953 4105	10am – 2pm Free food parcels by referral.	10am – 2pm Free food parcels by referral.	10am – 2pm Free food parcels by referral.	10am – 2pm Free food parcels by referral.	10am – 2pm Free food parcels by referral.
JESMOND Jesmond Neighbourhood Centre 44 Mordue Pde Jesmond Ph: 4979 8555					12noon – 2pm Please bring your own bag
MARYLAND Maryland Neighbourhood Centre 207 Maryland Drive, Maryland Ph: 4955 8111	Food Hampers available by appointment.		Food Hampers available by appointment.		Food Hampers available by appointment.
MAYFIELD The Grainery FoodCare Centre 252 Maitland Rd, Mayfield Ph: 4967 4777		11am – 1:45pm free & affordable groceries, Centrelink Cards, Students, Pensioners & low income	10am – 3:45pm free & affordable groceries, Centrelink Cards, Students, Pensioners & low income	10am – 2:45pm free & affordable groceries, Centrelink Cards, Students, Pensioners & low income	10am – 12:30pm free & affordable groceries, Centrelink Cards, Students, Pensioners & low income
MORISSET Anglican Church , 33 Newcastle Road, Morisset Phone: 4973 1204	9am – 1pm food parcels	9am – 1pm food parcels	9am – 1pm food parcels	9am – 1pm food parcels	9am – 1pm food parcels
The Hub, Southlakes Community Services 143 Dora St, Morisset Ph: 0428 854 733	10:30am – 12 noon Free pantry items, food				
NEWCASTLE Soul Hub 2nd Floor, Cnr Hunter & Watt Street Newcastle Ph: 4926 1758		1 – 1:45pm Soul open pantry	1 – 1:45pm Soul open pantry		8:30 -9:15am Soul open pantry
St Vincent de Paul , Emergency Relief Referral Centre, NEWCASTLE WEST Ph: 4961 6885 / 13 1812	9am – 12noon Emergency Relief food parcels, vouchers	9am – 12noon Emergency Relief food parcels, vouchers	9am – 12noon Emergency Relief food parcels, vouchers	9am – 12noon Emergency Relief food parcels, vouchers	9am – 12noon Emergency Relief food parcels, vouchers.
PELICAN Cnr Lakeview Pde & Karoburra St Pelican Gateway Church Ph: 0408 951 155		11am – 4pm Gateway Community Table	1pm – 4pm Gateway Community Table		
SWANSEA The Swansea Community Cottage, Swansea Centre , 228-234 Pacific Highway, Swansea Ph: 4971 1229	From 10am SecondBite Food Program 2pm OzHarvest food hamper (gold coin donation)	From 10am SecondBite Food Program	From 10am SecondBite Food Program 2pm OzHarvest food hamper (gold coin donation)	From 10am SecondBite Food Program	From 10am SecondBite Food Program

FREE & CHEAP FOOD, PANTRY ITEMS

Please call first to confirm these times or check their website as times and days can change.

	MON	TUES	WED	THURS	FRI
TIGHES HILL Got Your Back Sista Call and collect during business hours Ph: 4989 2777 (drop-in is ok too)	9am – 5pm • Free groceries and toiletries, Home-made frozen meals for women	9am – 5pm • Free groceries and toiletries, Home-made frozen meals for women	9am – 5pm • Free groceries and toiletries, Home-made frozen meals for women	9am – 5pm • Free groceries and toiletries, Home-made frozen meals for women	9am – 5pm • Free groceries and toiletries, Home-made frozen meals for women
TORONTO Samaritans Lvl 1, 43 The Boulevard, Toronto Ph: 4959 7857 Ph ahead to make an appointment.		9:30am – 2:30pm Food vouchers & parcels		9:30am – 2:30pm Food vouchers & parcels	
WALLSEND HopeStreet BaptistCare 58 Cowper St, Wallsend Ph: 4032 5224	10am – 2pm • Pantry - Low Cost groceries • Free fruit and veg	10am – 2pm • Pantry - Low Cost groceries • Free fruit and veg	10am – 2pm • Pantry - Low Cost groceries • Free fruit and veg	10am – 2pm • Pantry - Low Cost groceries • Free fruit and veg	
WEST WALLSEND Sugar Valley Neighbourhood Centre 65 Carrington St West Wallsend Ph: 4953 1667					11am – 12noon Oz Harvest, Food Assistance
WINDALE HopeStreet BaptistCare Shop 1, 124 South Street Windale Ph: 4032 4810	9:30am - 2pm Low Cost Food Shop	9:30am - 2pm Low Cost Food Shop	9:30am - 2pm Low Cost Food Shop	9:30am - 2pm Low Cost Food Shop	9:30am - 2pm Low Cost Food Shop
Our Community Place 2B Lake Street, Windale For more info and to register Ph: 4062 0338	Free Food Share Hampers Need to Register.				
Merrigum Centre Cnr Merrigum Street & Balemo Crescent, Windale Ph: 0492 429 749			9am – 12 noon Ozharvest food		
WOODRISING Woodrising Neighbourhood Centre 80 Hayden Brook Road, Woodrising Ph: 4959 4624	9am -12.30pm, 1.30- 3pm Emergency pantry	9am -12.30pm, 1.30- 3pm Emergency pantry	9am -12.30pm, 1.30- 3pm Emergency pantry	9am -12.30pm, 1.30- 3pm Emergency pantry 9:30am OzHarvest	9am -12.30pm, 1.30- 3pm Emergency pantry
WYEE Wyee community Hub 20 Gorokan Rd. Wyee				10am – 1pm Food Support Program Food Hampers \$10	

FREE COMMUNITY PANTRIES

Dependent on community members filling them. The Free Shop and Free Pantry are an act of community solidarity and mutual aid. There are no conditions on who can take items from the shop/pantry. Nobody will ask you if you 'really' need it. The only rules are: give what you can, take what you need.

- **HAMILTON** - Awaba Park, next to Hamilton train station
- **HAMILTON SOUTH** - Glebe rd at Chatham St. Near Bust Stop 2303114
- **STOCKTON** - Mitchell Street - Under Picnic Shelter near Lexies on Stockton Beach <https://www.facebook.com/KindnessAmbassadorsOfficial/>

If any of this information is incorrect or there are other places that provide Free or Cheap Meals or Food please email: newcastledvcommittee@gmail.com