

FREE & CHEAP MEALS - Please call first to confirm these times or check their website as times and days can change

BREAKFAST							
	ADAMSTOWN	CALLAGHAN	CARDIFF	HAMILTON	NEWCASTLE	WALLSEND	WINDALE
MON		9 – 11am Uni Students Only Free Breakfast UNSA Building Callaghan Campus Ph: 4921 6006	8 - 10am Survivor’s R Us 57 Pendlebury Rd Cardiff Ph: 4953 7108	6:30 – 8:30am Reach Hamilton train Station Park Take Away Breakfast	7 - 8:30 am Soul Hub 437 Hunter St Newcastle Ph: 4926 1758	9:30am – 1:30pm Baptist Care Hope Street, 58 Cowper St, Wallsend Ph: 4032 5224	9:30am – 12:30pm Baptist Care Hope Street Shop 1, 24 South St, Windale Ph: 4032 4810
TUES	8:45 - 10:30am During School Term LiveFree Project 486 Glebe Rd, Adamstown Ph: 0412 429 193	9 – 11am Uni Students Only Free Breakfast UNSA Building Callaghan Campus Ph: 4921 6006		6:30 – 8:30am Reach Hamilton train Station Park Take Away Breakfast	7 - 8:30 am Soul Hub 437 Hunter St Newcastle Ph: 4926 1758	9:30am – 1:30pm Baptist Care Hope Street, 58 Cowper St, Wallsend Ph: 4032 5224	9:30am – 12:30pm Baptist Care Hope Street Shop 1, 24 South St, Windale Ph: 4032 4810
WED				6:30 – 8:30am Reach Hamilton train Station Park Take Away Breakfast	7 - 8:30 am Soul Hub 437 Hunter St Newcastle Ph: 4926 1758	9:30am – 1:30pm Baptist Care Hope Street, 58 Cowper St, Wallsend Ph: 4032 5224	9:30am – 12:30pm Baptist Care Hope Street Shop 1, 24 South St, Windale Ph: 4032 4810
THURS		9 – 11am Uni Students Only Free Breakfast UNSA Building Callaghan Campus Ph: 4921 6006	8 - 10am Survivor’s R Us 57 Pendlebury Rd Cardiff Ph: 4953 7108	6:30 – 8:30am Reach Hamilton train Station Park Take Away Breakfast	7 - 8:30 am Soul Hub 437 Hunter St Newcastle Ph: 4926 1758	9:30am – 1:30pm Baptist Care Hope Street, 58 Cowper St, Wallsend Ph: 4032 5224	9:30am – 12:30pm Baptist Care Hope Street Shop 1, 24 South St, Windale Ph: 4032 4810
FRI				6:30 – 8:30am Reach Hamilton train Station Park Take Away Breakfast	7 - 8:30 am Soul Hub 437 Hunter St Newcastle Ph: 4926 1758	9:30am – 12pm Baptist Care Hope Street, 58 Cowper St, Wallsend Ph: 4032 5224	
SAT					7 - 8:30 am Soul Hub 437 Hunter St Newcastle Ph: 4926 1758		
SUN					7 - 8:30 am Soul Hub 437 Hunter St Newcastle Ph: 4926 1758		

LUNCH

	CALLAGHAN	CARDIFF	HAMILTON	NEWCASTLE	TIGHES HILL	WALLSEND	WINDALE
MON		3pm Survivor's R Us 57 Pendlebury Rd Cardiff Hot Food. Ph: 4953 7108		11am–12:30pm Soul Hub 437 Hunter St Newcastle Ph: 4926 1758		9:30am - 1:30pm Free breakfast. Low-cost lunch. Baptist Care Hope Street 58 Cowper St, Wallsend Ph: 4032 5224	12 noon (from 5 Feb) PCYC Lake St Windale Ph: 4062 0338 \$3 donation
TUES		3pm Survivor's R Us 57 Pendlebury Rd Cardiff Hot Food. Ph: 4953 7108		11am–12:30pm Soul Hub 437 Hunter St Newcastle Ph: 4926 1758		9:30am - 1:30pm Free breakfast. Low-cost lunch. Baptist Care Hope Street 58 Cowper St, Wallsend Ph: 4032 5224	
WED	12noon Every Wed from 28 Feb UNSA free BBQ Park on the Hill, Uni of Newcastle Callaghan Campus Callaghan	11am - 1pm \$2 meals. 3pm Hot Food. Survivor's R Us 57 Pendlebury Rd Cardiff Ph: 4953 7108	12noon – 1pm Catholic Care 29 Fowler St, Hamilton South Community Centre Ph: 4979 1339 Orange Sky's free laundry 11am – 1pm	11am–12:30pm Soul Hub 437 Hunter St Newcastle Ph: 4926 1758	11am – 1:30pm Every second Wed from 7 Feb 2024 Cooking class then eat lunch together. Got Your Back Sista Call to register Ph: 4989 2777	9:30am - 1:30pm Free breakfast. Low-cost lunch. Baptist Care Hope Street 58 Cowper St, Wallsend Ph: 4032 5224	
THURS		3pm Survivor's R Us 57 Pendlebury Rd Cardiff Hot Food. Ph: 4953 7108		11am–12:30pm Soul Hub 437 Hunter St Newcastle Ph: 4926 1758 12 – 2pm Every 2nd Thurs from 29 Feb UNSA free BBQ , Campus Green, NUspace . King St, Newcastle		9:30am - 1:30pm Free breakfast. Low-cost lunch. Baptist Care Hope Street 58 Cowper St, Wallsend Ph: 4032 5224	

LUNCH

	CALLAGHAN	CARDIFF	HAMILTON	NEWCASTLE	TIGHES HILL	WALLSEND	WINDALE
FRI			11:30am – 1pm Salvation Army Free Community Lunch 67 Cleary St Hamilton Ph: 4969 8066			9:30am - 12pm Free breakfast. Low-cost lunch. Baptist Care Hope Street 58 Cowper St, Wallsend Ph: 4032 5224	
SUN				12noon Fortnightly from 28 Feb 2024 Free Community Lunch Horbury Hunt hall, Newcastle Grammar School, Church St. Newcastle Provided by Christchurch Cathedral Ph: 4929 2052			

DINNER

	BELMONT	HAMILTON	MAYFIELD	MEREWETHER	NEWCASTLE	TORONTO	WICKHAM
MON	4:45 - 6pm Belmont Baptist Care 25-27 Maude St. Except Public Holidays. \$5/\$10 families requested but not essential Ph: 0491 631 450	5 - 7pm Food Not Bombs Awaba Park next to Hamilton Train Station					
TUES			6pm Community Dinner Grainery Care 11 Murray Dwyer Circuit Mayfield West During School Term Ph: 4967 4777				
WED		5 - 7pm Food Not Bombs Awaba Park next to Hamilton Train Station 9pm Streetcare James St Clocktower Park Beaumont St Hamilton					
THURS		3 - 4am Streetcare James St Clocktower Park Beaumont St Hamilton				5 - 6.30pm Catholic Care 97 The Boulevarde, Toronto Ph: 4979 1339	2am Streetcare Wickham Interchange
FRI		7:30 – 9:30pm REACH Newcastle James St Plaza, cnr Beaumont St, Hamilton Ph: 0435 828 410					
SAT					6.30 -7pm Catholic Care Food Van Civic Park, King Street, Newcastle Ph: 4979 1339		

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ADAMSTOWN	<p>Frozen meals LIVEfree PROJECT Call to organise Ph: 0412 429 193 486 Glebe Rd, Adamstown</p>	<p>LIVEfree PROJECT Doorstep Deliveries of Essential Goods Call to organise Ph: 0412 429 193 486 Glebe Rd, Adamstown Frozen meals LIVEfree Project Call to organise Ph: 0412 429 193 486 Glebe Rd, Adamstown</p>	<p>Frozen meals LIVEfree PROJECT Call to organise 0412 429 193 486 Glebe Rd, Adamstown</p>	<p>LIVEfree PROJECT Doorstep Deliveries of Essential Goods Call to organise 0412 429 193 486 Glebe Rd, Adamstown</p>	<p>Frozen meals LIVEfree PROJECT Call to organise 0412 429 193 486 Glebe Rd, Adamstown</p>
BELMONT	<p>9am-2pm Salvation Army 360 Pacific Highway Belmont North Ph: 4945 1912 Emergency food hampers.</p>	<p>9am-2pm Salvation Army 360 Pacific Highway Belmont North Ph: 4945 1912 Emergency food hampers.</p>	<p>9am-2pm Salvation Army 360 Pacific Highway Belmont North Ph: 4945 1912 Emergency food hampers.</p>		<p>Oz Harvest food package Belmont Neighbourhood Centre Call First between 9-11am Friday. Pickup is at 2pm 359 Pacific Highway Belmont North Ph: 4947 0031</p>
BOLTON POINT		<p>9:30am-2pm Lakes Salvo Call for emergency food assistance 156 Bay Rd, Bolton Point Ph: 8775 7988 10am – 2pm Lakes Salvos Food Market 156 Bay Rd, Bolton Point Some things in the Food Market are FREE; some things you will have to pay a minimal price Ph: 4959 7424</p>	<p>9:30am-2pm Lakes Salvo Call for emergency food assistance 156 Bay Rd, Bolton Point Ph: 8775 7988</p>	<p>9:30am-2pm Lakes Salvo Call for emergency food assistance 156 Bay Rd, Bolton Point Ph: 8775 7988 10am – 2pm Lakes Salvos Food Market 156 Bay Rd, Bolton Point Some things in the Food Market are FREE; some things you will have to pay a minimal price Ph: 4959 7424</p>	<p>9:30am-2pm Lakes Salvo Call for emergency food assistance 156 Bay Rd, Bolton Point Ph: 8775 7988</p>

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BROADMEADOW	<p>10am – 2pm Samaritans 34 Bruncker Road, Broadmeadow Phone: 4922 1540 Food vouchers and food parcels Food may only be collected after a phone appointment. Appointments can be made by phone on the day, commencing 30 minutes before opening time.</p>		<p>10am – 2pm Samaritans 34 Bruncker Road, Broadmeadow Phone: 4922 1540 Food vouchers and food parcels Food may only be collected after a phone appointment. Appointments can be made by phone on the day, commencing 30 minutes before opening time.</p>	<p>10am – 2pm Samaritans 34 Bruncker Road, Broadmeadow Phone: 4922 1540 Food vouchers and food parcels Food may only be collected after a phone appointment. Appointments can be made by phone on the day, commencing 30 minutes before opening time.</p>	<p>10am – 2pm Samaritans 34 Bruncker Road, Broadmeadow Phone: 4922 1540 Food vouchers and food parcels Food may only be collected after a phone appointment. Appointments can be made by phone on the day, commencing 30 minutes before opening time.</p>
CALLAGHAN CAMPUS	<p>9am UNSA Pantry Free and Discounted Groceries Uni of Newcastle Students Association Callaghan Campus Ph: 4921 6006</p>	<p>9am UNSA Pantry Free and Discounted Groceries Uni of Newcastle Students Association Callaghan Campus Ph: 4921 6006</p>	<p>9am UNSA Pantry Free and Discounted Groceries Uni of Newcastle Students Association Callaghan Campus Ph: 4921 6006</p>	<p>9am UNSA Pantry Free and Discounted Groceries Uni of Newcastle Students Association Callaghan Campus Ph: 4921 6006</p>	<p>9am UNSA Pantry Free and Discounted Groceries Uni of Newcastle Students Association Callaghan Campus Ph: 4921 6006</p> <p>8:45am Free Food Friday Uni of Newcastle Students Association Callaghan Campus</p>
CARDIFF	<p>9am-4pm Low Cost Food Pantry Survivor’s R Us 57 Pendlebury Rd Cardiff Ph: 4953 7108</p>	<p>9am-4pm Low Cost Food Pantry Survivor’s R Us 57 Pendlebury Rd Cardiff Ph: 4953 7108</p>	<p>9am-4pm Low Cost Food Pantry Survivor’s R Us 57 Pendlebury Rd Cardiff Ph: 4953 7108</p>	<p>9am-4pm Low Cost Food Pantry Survivor’s R Us 57 Pendlebury Rd Cardiff Ph: 4953 7108</p> <p>1 – 2:30pm \$5 food hampers Manna House Macquarie Care Crn Macquarie & Wentworth Rds, Cardiff Ph: 4954 3930</p>	<p>9am-12 noon Low Cost Food Pantry Survivor’s R Us 57 Pendlebury Rd Cardiff Ph: 4953 7108</p> <p>9am – 12 noon (or until all gone) OzHarvest Bags Survivor’s R Us 57 Pendlebury Rd Cardiff Ph: 4953 7108</p>

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COORANBONG	9:30am – 12:30pm Free emergency hampers. Southlakes Inc Community Centre 614 Freemans Drive Cooranbong Home deliver from Bolton Point to the bonnells bay peninsula out to Wyee Ph: 0432 580 059		9:30am – 12:30pm Free emergency hampers. Southlakes Inc Community Centre 614 Freemans Drive Cooranbong Home deliver from Bolton Point to the bonnells bay peninsula out to Wyee Ph: 0432 580 059		
EDGEWORTH	1 – 2:30pm Second Bite food support program Edgeworth Memorial Neighbourhood Centre 1 Minmi Rd Edgeworth Ph: 4072 1002			1 – 2:30pm Second Bite food support program Edgeworth Memorial Neighbourhood Centre 1 Minmi Rd Edgeworth Ph: 4072 1002	
HAMILTON				4 - 5:30pm The Pantry 105 Lindsay St, Hamilton Seventh-day Adventist Bring: shopping bags. Ph: 0438 474 008	10am – 11:30am Pop up pantry Hamilton South Community Centre 29 Fowler St, Hamilton South Bring: shopping bags Ph: 0438 474 008
	9am - 2pm Salvation Army 67 Cleary St Hamilton Emergency Relief service, community meals, homeless packs, shower facilities and much more. Drop in. Ph: 4088 5850	1:30pm - 3:30pm Salvation Army 67 Cleary St Hamilton Emergency Relief service, community meals, homeless packs, shower facilities and much more. Drop in. Ph: 4088 5850	9am - 2pm Salvation Army 67 Cleary St Hamilton Emergency Relief service, community meals, homeless packs, shower facilities and much more. Drop in. Ph: 4088 5850	9am - 2pm Salvation Army 67 Cleary St Hamilton Emergency Relief service, community meals, homeless packs, shower facilities and much more. Drop in. Ph: 4088 5850	9am - 2pm Salvation Army 67 Cleary St Hamilton Emergency Relief service, community meals, homeless packs, shower facilities and much more. Drop in. Ph: 4088 5850
HOLMESVILLE	Free food parcels from our food bank on a crisis basis by referral. Mums Cottage 10am – 2pm Ph: 4953 4105	Free food parcels from our food bank on a crisis basis by referral. Mums Cottage 10am – 2pm Ph: 4953 4105	Free food parcels from our food bank on a crisis basis by referral. Mums Cottage 10am – 2pm Ph: 4953 4105	Free food parcels from our food bank on a crisis basis by referral. Mums Cottage 10am – 2pm Ph: 4953 4105	Free food parcels from our food bank on a crisis basis by referral. Mums Cottage 10am – 2pm Ph: 4953 4105

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JESMOND					12noon – 2pm Jesmond Neighbourhood Centre 44 Mordue Pde Jesmond Please bring your own bag Ph: 4979 8555
MARYLAND	Food Hampers Maryland Neighbourhood Centre 207 Maryland Drive, Maryland Ph: 4955 8111 Food donations from OzHarvest and Secondbite are available by appointment.		Food Hampers Maryland Neighbourhood Centre 207 Maryland Drive, Maryland Ph: 4955 8111 Food donations from OzHarvest and Secondbite are available by appointment.		Food Hampers Maryland Neighbourhood Centre 207 Maryland Drive, Maryland Ph: 4955 8111 Food donations from OzHarvest and Secondbite are available by appointment.
MAYFIELD		11am – 1:30pm The Grainery FoodCare Centre 252 Maitland Rd, Mayfield Ph: 4967 4777 free and affordable groceries and household items for ppl with Centrelink Cards, Students, Pensioners and low income households	10am – 3:30pm The Grainery FoodCare Centre 252 Maitland Rd, Mayfield Ph: 4967 4777 free and affordable groceries and household items for ppl with Centrelink Cards, Students, Pensioners and low income households	10am – 12:30pm The Grainery FoodCare Centre 252 Maitland Rd, Mayfield Ph: 4967 4777 free and affordable groceries and household items for ppl with Centrelink Cards, Students, Pensioners and low income households	10am – 12:30pm The Grainery FoodCare Centre 252 Maitland Rd, Mayfield Ph: 4967 4777 free and affordable groceries and household items for ppl with Centrelink Cards, Students, Pensioners and low income households
MORISSET	9am – 1pm food parcels Anglican Church, 33 Newcastle Road, Morisset Phone: 4973 1204	9am – 1pm food parcels Anglican Church, 33 Newcastle Road, Morisset Phone: 4973 1204	9am – 1pm food parcels Anglican Church, 33 Newcastle Road, Morisset Phone: 4973 1204	9am – 1pm food parcels Anglican Church, 33 Newcastle Road, Morisset Phone: 4973 1204	9am – 1pm food parcels Anglican Church, 33 Newcastle Road, Morisset Phone: 4973 1204
NEWCASTLE		11:30am - 12:30pm Soul open pantry Soul Hub 437 Hunter St Newcastle Ph: 4926 1758	11:30am - 12:30pm Soul open pantry Soul Hub 437 Hunter St Newcastle Ph: 4926 1758		8 - 9am Soul open pantry Soul Hub 437 Hunter St Newcastle Ph: 4926 1758

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>9am – 12noon St Vincent de Paul, Emergency Relief Referral Centre, NEWCASTLE WEST food parcels, vouchers and clothing. Ph: 4961 6885 / 13 1812</p>	<p>9am – 12noon St Vincent de Paul, Emergency Relief Referral Centre, NEWCASTLE WEST food parcels, vouchers and clothing. Ph: 4961 6885 / 13 1812</p>	<p>9am – 12noon St Vincent de Paul, Emergency Relief Referral Centre, NEWCASTLE WEST food parcels, vouchers and clothing. Ph: 4961 6885 / 13 1812</p>	<p>9am – 12noon St Vincent de Paul, Emergency Relief Referral Centre, NEWCASTLE WEST food parcels, vouchers and clothing. Ph: 4961 6885 / 13 1812</p>	<p>9am – 12noon St Vincent de Paul, Emergency Relief Referral Centre, NEWCASTLE WEST food parcels, vouchers and clothing. Ph: 4961 6885 / 13 1812</p>
PELICAN		<p>11am – 4pm Gateway Community Table Cnr Lakeview Pde & Kariburra St Pelican Gateway Church Ph: 0408 951 155</p>	<p>1pm – 4pm Gateway Community Table Cnr Lakeview Pde & Kariburra St, Pelican Gateway Church Ph: 0408 951 155</p>		
SWANSEA	<p>From 9:30am SecondBite Food Program free</p> <p>2 – 3pm OzHarvest food hamper (gold coin donation) The Swansea Community Cottage, Swansea Centre, 228-234 Pacific Highway, Swansea Ph: 4971 1229</p>	<p>From 9:30am SecondBite Food Program free</p> <p>The Swansea Community Cottage, Swansea Centre, 228-234 Pacific Highway, Swansea Ph: 4971 1229</p>	<p>From 9:30am SecondBite Food Program free</p> <p>1 - 2pm OzHarvest food hamper (gold coin donation) The Swansea Community Cottage, Swansea Centre,, 228-234 Pacific Highway, Swansea Ph: 4971 1229</p>	<p>From 9:30am SecondBite Food Program free</p> <p>The Swansea Community Cottage, Swansea Centre, 228-234 Pacific Highway, Swansea Ph: 4971 1229</p>	<p>From 9:30am SecondBite Food Program free</p> <p>The Swansea Community Cottage, Swansea Centre, 228-234 Pacific Highway, Swansea Ph: 4971 1229</p>
TIGHES HILL	<p>9am – 5pm Free groceries and toiletries that women can access. Got Your Back Sista Call and collect during business hours Ph: 4989 2777 (drop-in is ok)</p> <p>Home-made frozen meals that women can access when they are in need. Got Your Back Sista Call and collect during business hours Ph: 4989 2777 (drop-in is ok too)</p>	<p>9am – 5pm Free groceries and toiletries that women can access. Got Your Back Sista Call and collect during business hours Ph: 4989 2777 (drop-in is ok)</p> <p>Home-made frozen meals that women can access when they are in need. Got Your Back Sista Call and collect during business hours Ph: 4989 2777 (drop-in is ok too)</p>	<p>9am – 5pm Free groceries and toiletries that women can access. Got Your Back Sista Call and collect during business hours Ph: 4989 2777 (drop-in is ok)</p> <p>Home-made frozen meals that women can access when they are in need. Got Your Back Sista Call and collect during business hours Ph: 4989 2777 (drop-in is ok too)</p>	<p>9am – 5pm Free groceries and toiletries that women can access. Got Your Back Sista Call and collect during business hours Ph: 4989 2777 (drop-in is ok)</p> <p>Home-made frozen meals that women can access when they are in need. Got Your Back Sista Call and collect during business hours Ph: 4989 2777 (drop-in is ok too)</p>	<p>9am – 5pm Free groceries and toiletries that women can access. Got Your Back Sista Call and collect during business hours Ph: 4989 2777 (drop-in is ok)</p> <p>Home-made frozen meals that women can access when they are in need. Got Your Back Sista Call and collect during business hours Ph: 4989 2777 (drop-in is ok too)</p>

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TORONTO		9:30am – 2:30pm Level 1, 43 The Boulevarde, Toronto Ph: 4959 7857 Samaritans Food vouchers & parcels Ph ahead to make an appointment. Appointments can be made by phone on the day, commencing 30 minutes before opening time.		9:30am – 2:30pm Level 1, 43 The Boulevarde, Toronto Ph: 4959 7857 Samaritans Food vouchers & parcels Ph ahead to make an appointment. Appointments can be made by phone on the day, commencing 30 minutes before opening time.	
WALLSEND	9:30am –1:30pm HopeStreet 58 Cowper St, Wallsend Pantry - Low Cost groceries Free fruit and veg (limited availability) BaptistCare Ph: 4032 5224	9:30am –1:30pm HopeStreet 58 Cowper St, Wallsend Pantry - Low Cost groceries Free fruit and veg (limited availability) BaptistCare Ph: 4032 5224	9:30am –1:30pm HopeStreet 58 Cowper St, Wallsend Pantry - Low Cost groceries Free fruit and veg (limited availability) BaptistCare Ph: 4032 5224	9:30am –1:30pm HopeStreet 58 Cowper St, Wallsend Pantry - Low Cost groceries Free fruit and veg (limited availability) BaptistCare Ph: 4032 5224	9:30am –12pm HopeStreet 58 Cowper St, Wallsend Pantry - Low Cost groceries Free fruit and veg (limited availability) BaptistCare Ph: 4032 5224
WEST WALLSEND					11am – 12noon Sugar Valley Neighbourhood Centre 65 Carrington St West Wallsend Oz Harvest, Food Assistance Program Ph: 4953 1667
WINDALE	9:30am - 2pm HopeStreet Shop 1, 124 South Street Windale Low Cost Food Shop BaptistCare Ph: 4032 4810	9:30am - 2pm HopeStreet Shop 1, 124 South Street Windale Low Cost Food Shop BaptistCare Ph: 4032 4810	9:30am - 2pm HopeStreet Shop 1, 124 South Street Windale Low Cost Food Shop BaptistCare Ph: 4032 4810	9:30am - 2pm HopeStreet Shop 1, 124 South Street Windale Low Cost Food Shop BaptistCare Ph: 4032 4810	

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	<p>(From 5 Feb 2024) Food Share Hampers Need to Register. Our Community Place 2B Lake Street, Windale</p> <p>The Food Share program provides free food hampers. For more information and to register Ph: 4062 0338</p>		<p>9am – 12 noon Ozharvest food is distributed Merrigum Centre Cnr Merrigum Street & Balemo Crescent, Windale Food parcels may be available on request in cases of need. Ph: 0492 429 749</p>		
WOODRISING	<p>9am -12.30pm 1.30- 3pm Woodrising Neighbourhood Centre 80 Hayden Brook Road, Woodrising Emergency pantry Ph: 4959 4624</p>	<p>9am -12.30pm 1.30- 3pm Woodrising Neighbourhood Centre 80 Hayden Brook Road, Woodrising Emergency pantry Ph: 4959 4624</p>	<p>9am -12.30pm 1.30- 3pm Woodrising Neighbourhood Centre 80 Hayden Brook Road, Woodrising Emergency pantry Ph: 4959 4624</p>	<p>9am -12.30pm 1.30- 3pm Woodrising Neighbourhood Centre 80 Hayden Brook Road, Woodrising Emergency pantry Ph: 4959 4624</p> <p>Starting at 9:30am Woodrising Neighbourhood Centre 80 Hayden Brook Road, Woodrising OzHarvest Ph: 4959 4624</p>	<p>9am -12.30pm 1.30- 3pm Woodrising Neighbourhood Centre 80 Hayden Brook Road, Woodrising Emergency pantry Ph: 4959 4624</p>
WYEE				<p>10am – 1pm Wyee community Hub 20 Gorokan Rd. Wyee Food Support Program. Gold Coin donation.</p>	

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 you are in Maitland: <https://www.maitland.nsw.gov.au/services/community-services/food-assistance-network>

If you are in Cessnock: <https://www.cessnock.nsw.gov.au/Residents/Community-services-and-support/Support-and-assistance>