

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) 85824110	Centre based meals	Free	Mon – Fri 11:30am – 12:30pm	WS MS
Dignity Food Relief Program	Liverpool PCYC, 1 Cartwright Av, Miller 8103 5399	Frozen meals	Free	Mon - Fri 9am - 8pm	
Exodus Foundation Liverpool	28 Pirie St, Liverpool 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 8752 4600	Centre based meals	Free	Mon – Sun 11am – 11.45am <i>Wed, Thu, Sat, Sun 6.30pm - 7.30pm</i>	MS
Exodus Foundation Warwick Farm	Hart St Hart Park, Warwick Farm 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 6pm	MS
Meals on Wheels	92 Memorial Avenue, Liverpool (02) 9601 3728	Home meal delivery	Price range: \$2 - \$7	Mon, Wed & Fri, 10am-12.30pm <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 – breakfast and lunch	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-Thu 10am- 5pm Fri 9.30am-5pm Saturday 10am - 4pm <i>Call to register</i>	WS MS FS
iCare Community	1640 Camden Valley Way, Leppington (02) 9119 8727	Community pantry	Free	Tue & Thu, 12.30pm - 1.30pm <i>Call to register, BYO bag</i>	WS MS
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	
St Marks Anglican Church	1 Spica Street, Sadleir 0427702188	Mobile community pantry	\$5 bag of pantry items	Every second Tue, 10am-11am <i>Come with healthcare, pension or disability card</i>	

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: October 2023. Please contact Health Promotion Service for more information: SWSLHD-HealthPromotionUnit@health.nsw.gov.au

Low Cost & Free Meals Directory



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	Free	Sat 9am - 10am <i>Call to register</i>	
Anglicare	9-15 Northumberland St, Liverpool (02) 8624 8600	Food parcel	Free	Mon - Fri 9am – 4.30pm <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	\$20 - includes 3 bags of pantry items	Call to register and confirm day and time <i>Fairfield and Liverpool residents only</i>	FS
CORE Community Services, <i>supported by SecondBite</i>	476 Cabramatta Road, West Mt Pritchard (02) 8582 4170	Food parcel	Free	Call to register and confirm day and time <i>Fairfield and Liverpool residents only</i>	FS
Heckenburg Community Connect	1 Tantangara Street, Heckenburg (02) 9607 0077 Head office: (02) 9600 0600	Food parcel	\$5	Every second Fri, 8.30-11.30am pick up (not during school holidays) <i>Call to register</i>	MS
Heckenburg Community Connect	1 Tantangara Street, Heckenburg (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 Dance & Community Support Team	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 parcel, delivery	Free	Mon – Fri 9am – 1pm <i>Call to register</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 parcel	Free	Mon - Fri 9am - 4pm Call assessment line to register: 8775 7988	WS FS

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: October 2023. Please contact Health Promotion Service for more information: SWSLHD-HealthPromotionUnit@health.nsw.gov.au