



Check our online directory for full service details and the most up-to-date information



Low Cost & Free Meals Directory 2026

In the Illawarra, over 30 agencies provide food relief and support, including free or low-cost groceries and community lunches and dinners. This directory provides the details of available options across the entire region.

Anglicare

Emergency food relief (by appointment)
152 Keira St, Wollongong
Call 8624 8600 to book

Anglicare Mobile Community Pantry

Low-cost grocery bags (\$15)

St Michael's Anglican Cathedral - Corrimal

Mon: 10:30am – 11:30am (fortnightly)

Port Kembla Anglican Church

Mon: 1:30pm – 2:30pm (fortnightly)

Second Chance Op Shop, Berkeley

Tue: 1:30pm – 2:30pm (fortnightly)

Oak Flats Anglican Church

Thu: 10am – 11am (fortnightly)

Shellharbour City Anglican Church

Fri: 1:30pm – 2:30pm (fortnightly)

Assist Shellharbour (City Baptist Church)

10A Commerce Dr, Lake Illawarra

Mon & Fri: 11am – 2pm (during school term) - Food hampers

Mon: 4:30pm - Community dinner

Bellambi Neighbourhood Centre

Corner of Cawley St and Rothery Rd, Bellambi

By appointment on Wed & Thu (call 4285 3055) -

Emergency food relief (for 2518 postcode)

Mon – Fri: 7:45am – 8:30am - Children's brekkie

Tue: 12pm – 1pm (school terms only) - Lunch

Bulli Community Centre

328 Princes Hwy, Bulli

Thu: 9:30am – 11am – Community pantry

Tue: 12pm – 1pm (school terms only) - Lunch

Careways Community

Food hampers and snacks

Dapto Ribbonwood Centre, 93-109 Princes Hwy, Dapto

Mon: 9am – 10am

Koonawarra Community Centre, 36 Fowlers Rd,

Koonawarra

Fri: 3pm – 4pm

Flourish Australia

Low-cost and free community meals (clients only)

3 Station St, Wollongong

Mon, Tue, Thu: \$5 lunch and dessert

Wed: 12pm – Free soup lunch

Fri: 12pm – \$1 sausage sizzle

Food Not Bombs

Free vegan dinner

McCabe Park, Wollongong

Every second Sunday: 5pm

Food For Life Community Care

Low-cost groceries, order: www.foodforlife.cc

56 Doyle Ave, Unanderra

Tues - Fri: 9am - 3pm. Sat: 9am - 2pm

Kiama Baptist Church, 1/3 Brown Street, Kiama

Wed: 6:40pm - 7:15pm

Cnr College Ave & Benson Ave, Stockland Shellharbour

Wed: 5pm - 6pm

20 Birriga Ave, Worroving Heights

Thu: 3pm - 4pm

Nowra School of Arts (carpark), Berry Street, Nowra

Thu: 5pm - 6pm

Fresh Start Mission

Community dinner

Burelli St Wollongong

Fri: 5pm

Gathering Table

Free groceries

1 Thirroul Road, Kanahooka

Thu: 1 - 3pm

Hope Community Kitchen

Community dinner

Port Kembla Senior Citizens Centre, Allan St, Port

Kembla

Fri: 6:30pm - 8:30pm

Hope Food Pantry Helensburgh

Low-cost groceries

3-23 Cemetery Rd, Helensburgh

Fri: 10am - 12pm (during school term)

Hope Street Community Centre

27-29 Wentworth Street, Port Kembla

Mon - Wed: 10am - 2pm - brekkie & lunch, Fri: BBQ

2-6 Hill St, Warilla

Tue: 12:30pm - 1:30pm - \$2 toasties

Kind Hearts Illawarra

Dinner and food hampers

Burelli St side of McCabe Park, Wollongong

Tue & Thu: 5:30pm - 6:30pm

Lifeline South Coast

Morning tea and lunch

3 Court Lane, Wollongong

Mon - Fri, 11am - 12:30pm

Lighthouse Community Kitchen

Dinner

1 Railway Square, Wollongong

Tue & Thu: 5:30pm

Manna House

Community dinner

Figtree Anglican Church, 4-10 Gibsons Rd, Figtree

Thurs: 5 - 6:30pm

Need A Feed**Community Lunch**

Berkeley Community Centre, Winima Way

First Tues of month 12-1pm

Warilla Community Centre, 69 Benaud Crescent

First Wed of month 12.30-1.30pm

Unanderra Community Centre, Cnr of Factory Road & Princes Hwy

Second Wed of month 11.30am - 12.30pm

Hope Street, Wentworth Street Port Kembla

Second Thurs of month 10.30-11.30am

Breakfast Buddies

McCabe Park Wollongong

Every Mon & Tues during school term: 8:45am - 9:45am

Food Pantry

Berkeley Community Centre, Winima Way

Available upon request.

PCYC Bulli

Breakfast for school-aged students

253 Princes Highway, Bulli

Wednesday 7-8am

Pulse Pantry (UOW Students only)

Free pantry staples for enrolled UOW students

Building 11, Level 1A, University of Wollongong, Wollongong

During Session: Tue 9:30 - 11am & Thu 2-3:30pm

Out Of Session: Tue 11am - 12pm

Salt Care

Grocery collection for a \$2 donation

5-19 Birriley Street, Bomaderry

Tues & Thu: 10.30am - 12.30pm

St Marks Anglican Church

Afternoon tea, dinner and emergency food hampers

429 Crown St, Wollongong

Mon: 3pm - 5pm

St Vincent de Paul Coniston Homeless Hub

16 Miller St, Coniston

Hot/frozen meals, fruit, veg, bread, tea & coffee

Mon - Fri: 9am - 12pm

Community brunch

Thu: 10am - 12pm

True Hearts

Food hampers

Senior Citizen Hall on Benaud Cres, Warilla

Pick-up Mon, Wed & Fri from 1:30 - 3:30pm

Unanderra Community Centre

Food pantry and food hampers

Cnr Factory Rd & Princes Hwy, Unanderra

Mon, Tues & Thu: 9:30 - 2:30pm, Wed: 10am

Vinnies Van

Hot meals, fresh produce and snack packs

Barnados Driveway, 13 Greene Street, Warrawong

Mon & Wed: 5:30pm - 6:00pm

Wollongong Train Station (western side), Wollongong

Mon & Wed: 6:15pm - 6:45pm

Berkeley Community Centre, 40 Winnima Way,

Berkeley

Tue: 5:30pm - 6pm

Myuna Way, Mangerton

Tue: 10:30am

WOMEN ONLY: Illawarra Women's Health Centre,

Benson Avenue, Shellharbour

Thu: 3:30pm - 4pm

Bellambi Neighbourhood Centre, 49A Cawley Street,

Bellambi

Fri: 5:30pm - 6pm

Warilla Neighbourhood Centre

69 Benaud Crescent, Warilla

Free Food Pantry

Thu: 1pm - 3pm

Community BBQ

First Wed of the month, 12:30pm - 2:30pm

Warrawong Residents' Forum

Shop 1, 210 - 222 Cowper Street, Warrawong (located on King Street)

Community Lunch

Tues: 11.30am - 12.30pm

Free groceries

Rego 9am-12pm, Collection 2-3pm

Community BBQ

Thurs: 11.30am - 12.30pm

Wollongong Homeless Hub & Housing Services

Food hampers, frozen meals, fruit and veg

The Hub

40 Princes Hwy, Fairy Meadow

Mon-Fri: 9am-2pm

Outreach Van

1 Railway Square, Wollongong

Thurs: 5-6.30pm

Women Illawarra

Food pantry and hampers by appointment.

Call (02) 4228 1499

170 Corrimal St, Wollongong

Mon - Fri: 9am - 4pm