## FOOD SUPPORT SERVICES FOR Western Sydney (Blacktown, Cumberland, Parramatta, and The Hills LGA) during COVID-19 Lockdown

### To find food support at low or no cost in your area, please click on the link for your Local Government Area (LGA):

- Blacktown LGA
- Cumberland LGA
- Parramatta LGA
- The Hills LGA

### For Blacktown LGA Residents

| Description of what is available | Cost | Who is eligible? | How can I use the service? | Organisational Contact details |
|---|---|---|---|---|
| **Home Delivery** | | | | |
| **Commercial Suppliers** | | | | |
| Fresh food and supermarket products. | Market price | Everyone | **Home delivery**.<br>Order online | **Coles**<br>www.shop.coles.com.au |
| Fresh food and supermarket products. | Market price | Everyone | **Home delivery**.<br>Order online | **Woolworth**<br>www.woolworths.com.au |
| **Government Supplies for those in home isolation** | | | | |
| Grocery pack (non-perishable food items) | Free | Residents in home isolation, due to a Public Health Order. Only available to those who cannot place an online order with a supermarket AND do not have someone who can deliver groceries to them. | **Home delivery.**<br>Organised by NSW Health and Resilience NSW | **Resilience NSW**<br>Will be referred by the Public Health Unit. |
| **Local Providers** | | | | |
| Food parcel and food voucher | Free | Assessment made over the phone. | **Home delivery**.<br>Phone 1300 111 278, to check eligibility and to organise.<br>Monday to Friday, 9am – 5pm. | **Anglicare**<br>www.anglicare.org.au |
| Food hampers or frozen meals | Affordable price | Seniors and people with a disability. | **Home delivery**<br>Phone 9622 6183<br>Monday to Friday 8 am to 4 pm | **Blacktown Meals on Wheels:**<br>E: info@blacktownmow.com.au<br>www.blacktownmow.com.au |
| Fresh food and essential items | Free | Home bound due to a Public Health Order; are Aged or with a Disability. | **Home delivery**.<br>Register EOI FORM for 'Kilos of Hope' OR<br>Phone: 9625 9300<br>Mon-Fri 10am to 4pm | **Mount Druitt Ethnic Communizes Agency (MECA)**<br>**'Kilos of Hope'**<br>www.meca.org.au |
| Food hamper | Free | In need of food support. | **Home delivery (to all WSLHD LGAs)** | **Turbans 4 Australia** |

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|---|---|---|---|---|
| | | | Go to: Crisis Help for COVID-19 and complete the assistance application form for meals & groceries. | www.t4a.org.au<br>E: turbans4australia@gmail.com |
| Food voucher | | Residents living in Blacktown LGA (Parramatta and The Hills).<br>Service will determine eligibility. | **Online / phone service only.**<br>Assessments will be made over the phone and vouchers emailed.<br>P: 9639 8620<br>Mon-Fri 9.30am – 2.30pm | **Hills Community Aid & Information Service**<br>Office Closed<br>www.hca.org.au<br><br>**Note:** The service expected to remain the same until end of Jan 2022. |
| Food voucher | | Refugees, Asylum Seekers and Temporary Visa Holders. | **Phone service or email**<br>P: 9098 9336 or email intake@jks.org.au<br>Assistance provided following an assessment with the case work team. | **Jesuit Refugee Service (JRS)**<br>https://aus.jrs.net/en/about-jrs-australia/covid-19/ |
| Food voucher | | Assessment made over the phone. | **Phone service only.**<br>Call 1300 371 288 or 13 72 58, for food support. | **Salvation Army**<br>All Salvo Support Centres in Blacktown LGA are still closed; services are provided by phone only. |
| Food voucher | | Assessment made over the phone. | **Phone service or via Vinnies Welfare Support Services**<br>Call 13 18 12, press Option 4 for Food Vouchers.<br>The Food Vouchers will be either emailed or can be arranged for pick up from a Vinnies Welfare Support Service or delivered to the home by a volunteer. | **St Vincent de Paul**<br>Vinnies Welfare Support Centres are opened. It is best to call 131812 for an assessment. |
| Food voucher or fresh fruit and veg hamper | | Assessment made over the phone. | **Online / Phone service only**<br>Complete the online Wesley Emergency Relief form found, here.<br>Once submitted, a team member will contact you within three business days to discuss your enquiry.<br>For urgent support, please email emergencyrelief@wesleymission.org.au<br>If you do not have access to a computer, contact:<br>P: 9263 5555 | **Wesley Mission**<br>Emergency Relief program.<br>Wesley Connect Centres are still closed.<br>Due to COVID-19, the Emergency Relief team has launched a new online submission form to help respond to the high volume of enquiries they are receiving. |
| **Collection at Site – Food Items & Meals** | | | **Sites listed alphabetically by suburb** | |
| Food Store | Low cost. | In need of food support. | **BLACKETT**<br>No Walk Ins / Online Order Pickups Only<br>ONLINE ORDERS AVAILABLE via Facebook page 'Open Pantry & Next Step Café'.<br>Pick up times: Tuesday & Thursday 1:15pm – 5pm<br>At 24 Anderson Avenue, Blackett<br>Thurs aft, local home delivery by arrangement. | **Next Step Communities Inc**<br>The Rutherglen Community Centre<br>P: 8608 4316 |
| Hampers include fruit, vegetables and bread. | Hampers vary in price from $6 to $10 | | | |

## FOOD SUPPORT SERVICES FOR Western Sydney (Blacktown, Cumberland, Parramatta, and The Hills LGA) during COVID-19 Lockdown

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| Food parcel | Free or by donation | People living with HIV/AIDS, and their carers. | **BLACKTOWN LGA**<br>Phone: 9672 3600 and arrangements will be made for collection or delivery. | **The Western Suburbs Haven**<br>https://thewesternsuburbshaven.com.au/ |
| Food parcel | Free | In need of food support. | **BLACKTOWN**<br>Address: Suite 3, Level 2, 24 Main St,<br>Open: Monday and Wednesday 10am-5pm<br>Drop in to collect a Food Parcel. | **ADRA Blacktown**<br>P: 9622 7188 |
| Depends on the day - Food, clothes and delivery where necessary. **See next 9 rows for details** | Free | In need of food support. | **BLACKTOWN:**<br>Alpha Park, Alpha St – Every day except Friday.<br>Old Masonic Centre, 30 First Ave - Fridays | **Alpha Park Connect**<br>Pastor Ray, Blessing Tent, unofficial coordinator<br>P: 0430 138 707 |
| Hot food | Free | In need of food support. | **BLACKTOWN -** Alpha Park, Alpha St.<br>Monday 5-7pm | **Society for Immortality Research**<br>P: 0421 405 513 |
| Food parcel & Pre-made Meals | Free | In need of food support. | **BLACKTOWN -** Alpha Park, Alpha St.<br>Tuesday 5.00-7.30pm | **Bula Feeding Ministry**<br>P: 0452 027 558 |
| Hot meals and groceries items | Free | In need of food support. | **BLACKTOWN -** Alpha Park, Alpha St.<br>Wednesday 5:30-7pm | **Shrimad Mission**<br>P: 0415 158 789 |
| Hot food and snacks | Free | In need of food support. | **BLACKTOWN -** Alpha Park, Alpha St.<br>Thursday 5:30-7pm | **Harman Foundation**<br>P: 0426 987 610 |
| Frozen meals, snacks, groceries and beverages | Free | In need of food support. | **BLACKTOWN -** Alpha Park, Alpha St.<br>Thursday 5:30-7pm | **Blessing Tent**<br>P: 0430 138 707 |
| Hot food | Free | In need of food support. | **BLACKTOWN -** Alpha Park, Alpha St.<br>Thursday 5:30-7pm | **Greek Orthodox Church**<br>P: 0423 652 122 |
| Hot food | Free | In need of food support. | **BLACKTOWN** – Old Masonic Centre, 30 First Avenue<br>Friday 6:30pm | **Team Jesus**<br>W: www.team-jesus-foundation.org/ |
| Hot food | Free | In need of food support. | **BLACKTOWN -** Alpha Park, Alpha St.<br>Saturday 3-5pm | **One Meal: It Makes a Difference**<br>**E:** blacktown@onemeal.org.au |
| Vegetarian hot food | Free | In need of food support. | **BLACKTOWN -** Alpha Park, Alpha St.<br>Sunday 5.30-7pm | **Compassion on Souls**<br>P: 0413 804 033 |
| Food hamper | Free | No eligibility criteria. | **DOONSIDE**<br>Doonside Cottage, 2 Astral Drive<br>No appointment required, walk in to collect.<br>Fortnightly on Wed. 1-3pm | **BACC (Blacktown Area Community Centres)**<br>P: 9626 5312 |
| Food hamper | Free | Can get 1 Hamper per week. | **KINGSWOOD (Mt Druitt outreach)**<br>No appointment necessary, walk in to collect Hamper.<br>32, Copeland St. Kingswood<br>Monday to Friday 9.30am-2.30pm | **Christ Mission Possible**<br>P: 1300 435 728<br>www.cmp.org.au |

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| Mobile Community Pantry Van | $2 Fresh food / $10 groceries | Healthcare, Pension or Concession card. | **LALOR PARK**<br>St Clements Anglican Church, Burke Rd & Freeman St.<br>Every 2nd Wednesday 9.30-10.30am<br>Phone to confirm 9838 9092 | **Anglicare**<br>www.anglicare.org.au |
| Food hampers, take away coffee and cooked meals | | In need of food support. | **LETHBRIDGE PARK**<br>Lethbridge Park Community Kitchen, 394 Luxford Road<br>Office hours Monday – Friday 8.30am – 4pm | **Lethbridge Park Community Centre**<br>P: 9893 8210 |
| Mobile Community Pantry Van | $2 fresh food / $10 groceries | Healthcare, Pension or Concession card. | **MINCHINBURY**<br>Anglican Church, 86 Rupertswood Rd. Rooty Hill<br>Every 2nd Monday 11am to 12pm<br>Phone to confirm 9832 4210 | **Anglicare**<br>www.anglicare.org.au |
| Emergency food hampers | Some cost for home delivery | Healthcare, Pension or Concession card. | **MOUNT DRUITT**<br>Contact the Office for Emergency Food Hampers<br>Phone: 8624 8600. | **Anglicare**<br>www.anglicare.org.au |
| Food parcel | Free | In need of food support. | **MOUNT DRUITT**<br>Address: 55 Hythe St, Mount Druitt<br>Open: Monday and Tuesday 3-5pm; Wednesday 11-1pm. Drop in to collect a Food Parcel. | **ADRA (Blacktown Office)**<br>P: 9622 7188 |
| Snack and warm beverage | Free | For those experiencing homelessness and social isolation. | **MOUNT DRUITT**<br>**Vinnies Van** operates Tues., Thur., Sat. & Sun.<br>Mount Druitt 8.30pm- 9pm<br>Cul-de-sac of Kelly Close, next to Pascoe Walk | **St Vincent de Paul**<br>www.vinnies.org.au |
| Food parcel | $10 donation | In need of food support. | **MT DRUITT**<br>For collection at: 55 Hythe St., Mt Druitt,<br>Tuesday: 3-5pm & Thurs 10.45-1pm | **Seventh Day Adventist Church**<br>P: 0480 154 414 |
| Food parcel<br>Food vouchers, including E vouchers | Free | Phone to book appointment / assessment.<br>Must live in the Blacktown LGA, Centrelink Income Statement & Bank Statement, plus photo id. | **MT DRUITT**<br>Phone to book appointment/assessment: 8886 6300 or 1800 669 064<br>Lot 28, 6 Ayres Grove, Mt Druitt | **Mission Australia Mount Druitt**<br>www.missionaustralia.com.au |
| Food parcel | Free | 12-24 years of age. | **MT DRUITT**<br>Buran Close, Mt Druitt | **Western Area Adolescent Team (WAAT)**<br>P: 9881 1230 |
| Food parcel | Free | In need of food support. | **PLUMPTON**<br>Drive and pick up at, 9 Cannery Road, Plumpton,<br>On Thursday 5-7pm | **Plumpton Community Church**<br>P: 9832 4885 |
| Food voucher | | Blacktown Northwest precinct residents. | **RIVERSTONE**<br>9 Park St. Phone assessments only | **Riverstone Neighbourhood Centre**<br>P: 9627 3622 |

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| | | | e-Vouchers available and physical vouchers for clients who live locally.<br>Open: Mon-Thurs 9am-4pm; Fri 9am-12:30pm | E: reception@riverstone.org.au |
| Food parcel (weekly)<br>Larger food pack (monthly): maximum 4 bags of staple foods. | Gold coin donation.<br>$25, payable in advance. | In need of food support. | **SEVEN HILLS**<br>Services provided only with prior booking.<br>Phone: 9688 1084<br>29 Aleta Way, Seven Hills<br>Weekly food parcels (Mon) / Monthly food pack (Wed) | **Karabi Community Services** |
| Grocery items / food parcel | Reduced price. | In need of food support.<br>Pension, Health Care or Concession card. | **SEVEN HILLS**<br>15, Park Rd, Seven Hills<br>NO Bookings needed for Food on Fridays Program<br>Fri 4pm - 5.30pm<br>Volunteers may be able to provide home delivery. | **Community Care Inc**<br>**Hope Outreach (Food Program on Friday)**<br>https://communitycareaustralia.org/<br>P: 9624 8866. |
| Woollies Essential card – for food, clothes and essential items | | 16 – 24-year old's who meet criteria. (Preventing youth homelessness). | **BLACKTOWN LGA**<br>Referral essential – available from website www.youthrezolutions.com.au or email service info@youthrez.com.au or call 9680 1201.<br>Client will be given Woollies Essential card (value $50) can be used at Woolworth or Big W. | **Youth Rezolutions**<br>Hills and Blacktown area<br>29 Castle Street, Castle Hill<br>E info@youthrez.com.au<br>I – www.youthrezolutions.com.au<br>P -9680 1201 |

## FOOD SUPPORT SERVICES FOR Western Sydney (Blacktown, Cumberland, Parramatta, and The Hills LGA) during COVID-19 Lockdown

### For Cumberland LGA Residents

| Description of what is available | Cost | Who is eligible? | How can I use the service? | Organisational Contact details |
|---|---|---|---|---|
| **Home Delivery** | | | | |
| **Commercial Suppliers** | | | | |
| Fresh food and supermarket products. | Market price | Everyone | **Home delivery**.<br>Order online | **Coles online:**<br>www.shop.coles.com.au |
| Fresh food and supermarket products. | Market price | Everyone | **Home delivery**.<br>Order online | **Woolworth online:**<br>www.woolworths.com.au |
| **Government Supplies for those in home isolation** | | | | |
| Grocery pack (non-perishable food items) | Free | Residents in home isolation, due to a Public Health Order. Only available to those who cannot place an online order with a supermarket AND do not have someone who can deliver groceries to them. | **Home delivery.**<br>Organised by NSW Health and Resilience NSW | **Resilience NSW**<br>Will be referred by the Public Health Unit. |
| **Local Providers** | | | | |
| Food parcel and food vouchers | Free | Assessment made over the phone. | **Home delivery**.<br>Phone 1300 111 278, to check eligibility and to organise.<br>Monday to Friday, 9am – 5pm. | **Anglicare**<br>www.anglicare.org.au<br>Due to COVID, most Mobile Community Pantry Van locations and Op Shops are not open. |
| Food hamper | Free | In need of food support. | **Home delivery (to all WSLHD LGAs)**<br>Go to: Crisis Help for COVID-19 and complete the assistance application form for meals & groceries. | **Turbans 4 Australia**<br>www.t4a.org.au<br>E: turbans4australia@gmail.com |
| Home delivered meals: frozen, delivered weekly. | Direct debit payment | Seniors and people with a disability. | **CUMBERLAND LGA** | **Cumberland City Council**<br>www.cumberland.nsw.gov.au/where-get-emergency-help |
| Shopping assistance: | $12 Direct debit payment | Residents isolated and unable to access online shopping. | Service is available once a fortnight. | |
| Food voucher | | Live in Auburn, Lidcombe, Berala or Regents Park. Centrelink or bank statement and proof of identity, plus details about hardship. | **Phone service only.**<br>To make an appointment<br>Phone: 8837 5500 or<br>Email amadu@adsi.org.au or alison@adsi.org.au or info@adsi.org.au | **ADSI – Accessible Diversity Services Initiative**<br>www.adsi.org.au |

## FOOD SUPPORT SERVICES FOR Western Sydney (Blacktown, Cumberland, Parramatta, and The Hills LGA) during COVID-19 Lockdown

| Description of what is available | Cost | Who is eligible? | How can I use the service? | Organisational Contact details |
|---|---|---|---|---|
| | | | | |
| Food voucher | | Cumberland LGA (and Parramatta LGA) residents. Assessment over the phone. | **Phone service only.**<br>Call 9637 7600<br>Monday to Thursday 9:30 – 4:30 & Friday 9:30 – 12:30 | **Cumberland Multicultural Community Centre**<br>(CMCS) www.cmcs.org.au<br>The service is currently closed. |
| Food support | Free | Asylum seekers. | **Phone service only.**<br>The Office is currently closed, for assistance contact:<br>P: 9727 9290 or Email: office@houseofwelcome.com.au | **House of Welcome - Refugee Social Enterprise**<br>www.stfrancis.org.au/house-of-welcome/contact-us |
| Food voucher | | Refugees, Asylum Seekers and Temporary Visa Holders. | **Phone service or email**<br>P: 9098 9336 or email intake@jks.org.au<br>Assistance provided following an assessment with the case work team. | **Jesuit Refugee Service (JRS)**<br>https://aus.jrs.net/en/about-jrs-australia/covid-19/ |
| Food voucher | | Assessment made over the phone. | **Phone service only**<br>Call 1300 371 288 or 13 72 58, for food support. Vouchers can be picked up at the Salvo Support Centre in Auburn. | **Salvation Army**<br>The Salvo Support Centre in Auburn is open Tues, Weds and Fri for food vouchers. |
| Food voucher | | Assessment made over the phone. | **Phone service or via Vinnies Welfare Support Services**<br>Call 13 18 12, press Option 4 for Food Vouchers.<br>The Food Vouchers will be either emailed or can be arranged for pick up from a Vinnies Welfare Support Service or delivered to the home by a volunteer. | **St Vincent de Paul**<br>Vinnies Welfare Support Centres are opened. It is best to call 131812 for an assessment.<br>Email: auburnvsc@vinnies.org.au |
| Food voucher or fresh fruit and veg hamper | | Assessment made over the phone. | **Online / Phone service only**<br>Complete the online Wesley Emergency Relief form found, here.<br>Once submitted, a team member will contact you within three business days to discuss your enquiry.<br>For urgent support, please email emergencyrelief@wesleymission.org.au<br>If you do not have access to a computer, contact:<br>P: 9263 5555 | **Wesley Mission**<br>Emergency Relief program.<br>Wesley Connect Centres are still closed.<br>Due to COVID-19, the Emergency Relief team has launched a new online submission form to help respond to the high volume of enquiries they are receiving. |
| **Collection at Site – Food Items & Meals** | | | **Sites listed alphabetically by suburb** | |
| Fresh food pantry. | Affordable cost. | Unemployed, or those with a Health Care, Pension or Seniors Card. | **AUBURN**<br>98 Auburn Road<br>Every Tuesday and Thursday 12 – 2.30pm | **Western Sydney Community Centre**<br>P: 9649 2063<br>E: admin@wscci.org.au W: www.wscci.org.au |
| Emergency food packages.<br>Woolworth's food vouchers. | Free | Seniors, people with a disability or those unemployed. | **AUBURN**<br>1b, Melissa St, Auburn | **Islamic Dawah Centre:**<br>P: 9738 7700 or E: admin@idca.org.au<br>**Al-Ihsan Foundation:**<br>P: 1300 998 444 or E: admin@alihsan.org.au |
| Food Hamper | Free | In need of food support. | **BERALA** | **Oz Harvest and Cumberland Council** |

| Description of what is available | Cost | Who is eligible? | How can I use the service? | Organisational Contact details |
|---|---|---|---|---|
| | | | Community Centre, 98-104 Woodburn Rd.<br>Friday 10am – 2pm (hub may close earlier if hamper supplies are exhausted):<br>Call Council on 8757 9000 to Register and 'click & collect' | |
| Mobile Community Pantry Van | $2 fresh food / $10 groceries | Healthcare, Pension or Concession card. | **GRANVILLE**<br>Anglican Church, 39 Jamieson St<br>Every 2nd Friday 11.30am to 12.30pm<br>Phone to confirm 96371073 | **Anglicare**<br>www.anglicare.org.au |
| Food parcel | Free | In need of food support. | **GRANVILLE**<br>Pop-up Hamper Hub<br>3-5 Bridge Street, Granville.<br>From 11am to 2pm every Thursday until 30 Sept. | **OzHarvest**<br>P: 1800 108 006 / 0412 595 896<br>E:reception@ozharvest.org |
| Food parcel | Free | In need of food support. | **GRANVILLE**<br>Oz Harvest Hamper Hub<br>Granville Centre, 1, Memorial Drive, Granville<br>Collect a Hamper from the Centre 9am-5pm.<br>To arrange a weekly home delivery, complete this FORM | **OzHarvest**<br>As above.<br>**Granville Centre**<br>P: 8757 9027 |
| Care Kits (2 to 3 weeks of groceries). | Free | International students. | **HOMEBUSH**<br>Contact https://hinducouncil.com.au/new/contact-us/ | **Hindu Council** |
| Grocery pack | Gold coin donation | Young people 12-24 | **LIDCOMBE**<br>A booking is required to secure a Grocery Pack.<br>To book P: 9646 2122 or Text 0491 059 971<br>Food pickup on Fridays by appointment. | **Auburn Youth Centre**<br>www.ayc.org.au<br>Wyatt Park, Church Street, Lidcombe |
| Food Hamper | Free | In need of food support. | **MERRYLANDS**<br>Merrylands Service Centre and Holroyd Centre,<br>17 Miller St.<br>Tuesday 10am – 2pm (hub may close earlier if hamper supplies are exhausted):<br>Call Council on 8757 9000 to Register and 'click & collect' | **Oz Harvest and Cumberland Council** |
| Food parcel and some toiletries. | Free | Young people and families. | **MERRYLANDS**<br>289 Merrylands Road, Merrylands 2160<br>Thursdays only collection. | **Merrylands Youth Service**<br>**Phone:** (02) 9637 1535<br>**Manager Mobile:** 0435 775 299<br>**Youth Worker Mobile:** 0417 487 823<br>**Email:** info@merrylandsyouthcentre.org.au |
| Food parcel and Woolworths essential items vouchers | Free | In need of food support. | **PENDLE HILL**<br>Cnr Dunmore Street and Pendle Way<br>People must ring and book in. | **Pathways Community:**<br>P: 9636 7400 |

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| | | | Collection Mondays and Wednesdays 12-2pm | |
| Care packs | Free | Newly arrived migrants and refugees. | **REGENTS PARK**<br>1, Bellona Ave, Regents Park<br>Every Friday | **Australian Afghan Hassanian Youth Assoc.**<br>Available by phone 8am – 8pm, 0421 567 397<br>www.aahyas.org.au<br>The Muhammad Rasullah S.A.W.W. Islamic Centre<br>P: 9738 7460 E: Karimi.aahya@gmail.com |
| Food parcel | Free | In need of food support. | **SILVERWATER**<br>108 Silverwater Road, Silverwater<br>Service only available with prior booking<br>Email C3cares@C3syd.church to check eligibility<br>Pick up only every Wednesday, 10.30am - 12.30pm | **C3 Cares**<br>Silverwater 9972 8688<br>E: C3cares@C3syd.church<br>www.c3cares.com.au/silverwater |
| Food Hamper | Free | In need of food support. | **WENTWORTHVILLE**<br>Wentworthville Community Centre (Red Gum Room)<br>2, Lane St.<br>Wednesday 10am – 2pm (hub may close earlier if hamper supplies are exhausted):<br>Call Council on 8757 9000 to Register and 'click & collect' | **Oz Harvest and Cumberland Council** |

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### For Parramatta LGA Residents

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| **Home Delivery** | | | | |
| **Commercial Suppliers** | | | | |
| Fresh food and supermarket products. | Market price | Everyone | **Home delivery**.<br>Order online | **Coles online:**<br>www.shop.coles.com.au |
| Fresh food and supermarket products. | Market price | Everyone | **Home delivery**.<br>Order online | **Woolworth online:**<br>www.woolworths.com.au |
| **Government Supplies for those in home isolation** | | | | |
| Grocery pack (non-perishable food items) | Free | Residents in home isolation, due to a Public Health Order. Only available to those who cannot place an online order with a supermarket AND do not have someone who can deliver groceries to them. | **Home delivery.**<br>Organised by NSW Health and Resilience NSW | **Resilience NSW**<br>Will be referred by the Public Health Unit. |
| **Local Providers** | | | | |
| Food parcel and food vouchers | Free | Assessment made over the phone. | **Home delivery**.<br>Phone 1300 111 278, to check eligibility and to organise.<br>Monday to Friday, 9am – 5pm. | **Anglicare**<br>www.anglicare.org.au |
| Food Hamper | Free | In need of food support. | **Home delivery (to all WSLHD LGAs)**<br>Go to: Crisis Help for COVID-19 and complete the assistance application form for meals & groceries. | **Turbans 4 Australia**<br>www.t4a.org.au<br>E: turbans4australia@gmail.com |
| Frozen meals. | Meals plus delivery $6. | Receive NDIS or been assessed by My Aged Care. | **Home delivery**<br>Parramatta LGA<br>Meals on Wheels | **City of Parramatta Council**<br>**Food Services** |
| Food voucher | | Residents living in Parramatta LGA (Blacktown and The Hills). Service will determine eligibility. | **Online / phone service only.**<br>Assessments will be made over the phone and vouchers emailed.<br>P: 9639 8620<br>Mon-Fri 9.30am – 2.30pm | **Hills Community Aid & Information Service**<br>Office Closed<br>www.hca.org.au |
| Food voucher | | Refugees, Asylum Seekers and Temporary Visa Holders. | **Phone service or email**<br>P: 9098 9336 or email intake@jks.org.au<br>Assistance provided following an assessment with the case work team. | **Jesuit Refugee Service (JRS)**<br>https://aus.jrs.net/en/about-jrs-australia/covid-19/ |
| Food voucher | | Assessment made over the | **Phone service only.** | **Salvation Army** |

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| | | phone. | Call 1300 371 288 or 13 72 58, for food support. | All Salvo Support Centres in Parramatta are still closed; services are provided by phone only. |
| Food voucher | | Assessment made over the phone. | **Phone service or via Vinnies Welfare Support Services**<br>Call 13 18 12, press Option 4 for Food Vouchers.<br>The Food Vouchers will be either emailed or can be arranged for pick up from a Vinnies Welfare Support Service or delivered to the home by a volunteer. | **St Vincent de Paul**<br>Vinnies Welfare Support Centres are opened. It is best to call 131812 for an assessment. |
| Food voucher or fresh fruit and veg hamper | | Assessment made over the phone. | **Online / Phone service only.**<br>Complete the online Wesley Emergency Relief form found, here.<br>Once submitted, a team member will contact you within three business days to discuss your enquiry.<br>For urgent support, please email emergencyrelief@wesleymission.org.au<br>If you do not have access to a computer, contact:<br>P: 9263 5555 | **Wesley Mission.**<br>Emergency Relief program.<br>Wesley Connect Centres are still closed.<br>Due to COVID-19, the Emergency Relief team has launched a new online submission form to help respond to the high volume of enquiries they are receiving |
| **Collection at Site – Food Items & Meals** | | | **Sites listed alphabetically by suburb** | |
| Food parcel (weekly) | Gold coin donation. | Those in need. | **CONSTITUTION HILL**<br>Services provided only with prior booking.<br>P: 9631 7055<br>Karabi Neighbourhood Cottage, 1 Lurgan St.<br>Weekly food parcels (Mon)<br>Monthly food pack (Wed) | **Karabi Community Services** |
| Larger food pack (monthly): maximum 4 bags of staple foods. Pantry items, some fresh food, meat, and chicken. | $25, payable in advance. | | | |
| Food parcel | Free | Those in need. | **HARRIS PARK**<br>11, Albion St<br>Pick up Tuesday weekly, by appointment. | **Harris Park Community Centre**<br>Call 9635 0157<br>E: manager@hpcc.org.au |
| Fresh food and groceries | Small fee. | Centrelink card holder. | **NORTH PARRAMATTA**<br>18 Barney St,<br>By appointment only | **Parramatta Community Food Care**<br>Church office on 9630 3892, or email.<br>www.pcc.org.au/home/care |
| Breakfast and lunch (takeaway)<br>Emergency food bags | Free | | **PARRAMATTA**<br>113, Level 1, Macquarie St.<br>Breakfast & Lunch (Take Away Only)<br>Mon- Fri 8am – 12pm<br>Food Bags: Mon-Fri,1-3pm, back office | **Parramatta Mission**<br>www.parramattamission.org.au<br>P: 0400 415 984 / 9891 2277 |
| Meal /snack and | Free | In need of food support. | **PARRAMATTA** – Prince Alfred Square, 353d Church St. | **Jesus Cares 4 U** |

| Description of what is available | Cost | Who is eligible? | How can I use the service? | Organisational Contact details |
|---|---|---|---|---|
| beverage | | | Monday 3.45 - 5.15pm | |
| Meal /snack and beverage | Free | In need of food support. | **PARRAMATTA** – Prince Alfred Square, 353d Church St. Monday and Thursday 6-9pm | **StreetMed Inc** |
| Meal /snack and beverage | Free | In need of food support. | **PARRAMATTA** – Prince Alfred Square, 353d Church St. Tuesday 5-6.30pm | **Helping Homeless of Australia** |
| Meal /snack and beverage | Free | In need of food support. | **PARRAMATTA** – Prince Alfred Square, 353d Church St. Wednesday 6-7pm & Sunday 12pm-2pm | **Stepping Stone / Pathways Community Care** |
| Meal /snack and beverage | Free | In need of food support. | **PARRAMATTA** – Prince Alfred Square, 353d Church St. Saturday 4-7pm | **Shrimad Rajchandra Mission Dharampur Sydney Centre** |
| Meal /snack and beverage | Free | In need of food support. | **PARRAMATTA** – Prince Alfred Square, 353d Church St. Sunday 8.30-11.30am | **Society for Immortal Research** |
| Snack and beverage | Free | For those experiencing homelessness and social isolation | **PARRAMATTA** Prince Alfred Square, 353d Church St. **Vinnies Van** Operates Tues., Thur., Sat. & Sun. 9.30pm-10pm. | **St Vincent de Paul** www.vinnies.org.au |
| Food parcel (weekly) | Gold coin donation. | Those in need. | **WENTWORTHVILLE** Services provided only with prior booking. P: 9631 6575 Cnr. Fyall Av & Darcy Rd. Weekly food parcels (Mon) Monthly food pack (Wed) | **Karabi Community Services** |
| Larger food pack (monthly): maximum 4 bags of staple foods. Pantry items, some fresh food, meat, and chicken. | $25, payable in advance. | | | |

# FOOD SUPPORT SERVICES FOR Western Sydney (Blacktown, Cumberland, Parramatta, and The Hills LGA) during COVID-19 Lockdown

## For The Hills LGA Residents

| Description of what is available | Cost | Who is eligible? | How can I use the service? | Organisational Contact details |
|---|---|---|---|---|
| **Home Delivery** | | | | |
| **Commercial Suppliers** | | | | |
| Fresh food and supermarket products. | Market price | Everyone | **Home delivery**.<br>Order online | **Coles online:**<br>www.shop.coles.com.au |
| Fresh food and supermarket products. | Market price | Everyone | **Home delivery**.<br>Order online | **Woolworth online:**<br>www.woolworths.com.au |
| **Government Supplies for those in home isolation** | | | | |
| Grocery pack (non-perishable food items) | Free | Residents in home isolation, due to a Public Health Order. Only available to those who cannot place an online order with a supermarket AND do not have someone who can deliver groceries to them. | **Home delivery.**<br>Organised by NSW Health and Resilience NSW | **Resilience NSW**<br>Will be referred by the Public Health Unit. |
| **Local Providers** | | | | |
| Food parcel and food vouchers | Free | Assessment made over the phone. | **Home delivery**.<br>Phone 1300 111 278, to check eligibility and to organise.<br>Monday to Friday, 9am – 5pm. | **Anglicare**<br>www.anglicare.org.au |
| Food hamper | Free | In need of food support. | **Home delivery (to all WSLHD LGAs)**<br>Go to: Crisis Help for COVID-19 and complete the assistance application form for meals & groceries. | **Turbans 4 Australia**<br>www.t4a.org.au<br>E: turbans4australia@gmail.com |
| Emergency food packages | Free | International students, seniors and unemployed. | **Home delivery**<br>Submit an enquiry to the **Mahasangh Help Desk**<br>Delivers to Kellyville. | **Mahasangh** |
| Fresh or frozen meals | Affordable price | Seniors and people with a disability. | **Home delivery**<br>The Hills LGA<br>P: 9761 7600 E: hcc@thehills.nsw.gov.au<br>Monday to Friday 8.30-4.30 | **The Hills Community Care**<br>https://www.hillscommunitycare.com.au/Hills-Community-Care-Services/Hills-Community-Care-Meals-on-Wheels |
| Food voucher | | Residents living in The Hills LGA (Blacktown and Parramatta).<br>Service will determine eligibility. | **Online / phone service only.**<br>Assessments will be made over the phone and vouchers emailed.<br>P: 9639 8620<br>Mon-Fri 9.30am – 2.30pm | **Hills Community Aid & Information Service**<br>Office Closed<br>www.hca.org.au |

## FOOD SUPPORT SERVICES FOR Western Sydney (Blacktown, Cumberland, Parramatta, and The Hills LGA) during COVID-19 Lockdown

| Description of what is available | Cost | Who is eligible? | How can I use the service? | Organisational Contact details |
|---|---|---|---|---|
| Food voucher | | Refugees, Asylum Seekers and Temporary Visa Holders. | **Phone service or email**<br>P: 9098 9336 or email intake@jks.org.au<br>Assistance provided following an assessment with the case work team. | **Jesuit Refugee Service (JRS)**<br>https://aus.jrs.net/en/about-jrs-australia/covid-19/ |
| Food voucher | | Assessment made over the phone | **Phone service only.**<br>Call 1300 371 288 or 13 72 58, for food support. | **Salvation Army**<br>All Salvo Support Centres in The Hills are still closed; services are provided by phone only. |
| Food voucher | | Assessment made over the phone | **Phone service or via Vinnies Welfare Support Services**<br>Call 13 18 12, press Option 4 for Food Vouchers.<br>The Food Vouchers will be either emailed or can be arranged for pick up from a Vinnies Welfare Support Service or delivered to the home by a volunteer. | **St Vincent de Paul**<br>Vinnies Welfare Support Centres are opened. It is best to call 131812 for an assessment. |
| Food voucher or fresh fruit and veg hamper | | Assessment made over the phone. | **Online / Phone service only.**<br>Complete the online Wesley Emergency Relief form found, here.<br>Once submitted, a team member will contact you within three business days to discuss your enquiry.<br>For urgent support, please email emergencyrelief@wesleymission.org.au<br>If you do not have access to a computer, contact:<br>P: 9263 5555 | **Wesley Mission**<br>Emergency Relief program.<br>Wesley Connect Centres are still closed.<br>Due to COVID-19, the Emergency Relief team has launched a new online submission form to help respond to the high volume of enquiries they are receiving |
| Food voucher (Woolworths essential card) | Free | 16 – 24-year-olds who meet criteria (preventing youth homelessness). | **HILLS AREA**<br>Referral essential – available from website – www.youthrezolutions.com.au or email service info@youthrez.com.au or call 9680 1201.<br>Client will be given Woolworths Essential card (value $50) can be used at Woolworths or Big W. Value given dependent on need. | **Youth Rezolutions**<br>Hills and Blacktown area<br>29 Castle Street, Castle Hill<br>E info@youthrez.com.au<br>I – www.youthrezolutions.com.au<br>P -9680 1201 |
| Volunteers may be able to assist with deliveries and pick-ups of food items. | | Assist local residents in need, who are in isolation. | **Rotary Club of Kenthurst**<br>Email: info@kenthurstrotaryclub.com.au Web: www.kenthurstrotaryclub.com.au | |
| | | | **Rotary Club of Glenhaven**<br>Email: glenhavenrotary@outlook.com | |
| | | | **Rotary Club of Castle Hill Inc**<br>www.rotarynews.info/club4201 | |
| | | | **Castle Hill Branch of Australian Red Cross**<br>www.redcross.org.au | |
| | | | **Lions Club of Baulkham Hills**<br>Email: baulkhamhills@lionsclubssydney.org.au | |