Eastern Suburbs Community Food Access Guide

A GUIDE TO HEALTHY AND AFFORDABLE FOOD AND MEALS
Hello there!

Balancing healthy eating and financial priorities can be hard, especially when food isn’t always cheap. Here is our guide for local lower-cost and free food in the Sydney Eastern Suburbs that is easy to access and high in nutrition.

Content:

Quick Guide to Cheap and Healthy Groceries and Meals .............................................................. 2
Overall Map for all service centres........................................................................................................ 3
   City of Botany Bay Services, Eastlakes ................................................................................................. 4
   Eastern Suburbs Salvation Army Community Services Centre, Maroubra .................................. 5
   Jewish House, Bondi ............................................................................................................................ 6
   Kooloora Community Centre: Veged Out Program ........................................................................ 7
   OzHarvest Market, Kensington ........................................................................................................ 8
   South Eastern Community Connect: List Shopping Service ............................................................. 9
   St Mark’s Anglican Church, Malabar .................................................................................................. 10
   St Vincent de Paul Society, Kingsford Community Support Centre ............................................. 11
   Staple Bags, Surry Hills ...................................................................................................................... 12
   The Wayside Café and Community Service Centre, Bondi Beach ............................................... 13
Weekly Calendar .................................................................................................................................. 14
Looking for More? ............................................................................................................................... 15
   Helpful websites and contacts ........................................................................................................... 15
   Other services (community transport services, shopping assistance) ............................................. 16
7 Helpful, Healthy Shopping Tips for 7 Days of the Week ................................................................. 17
How to Read Nutrition Labels ........................................................................................................... 18

This resource has been developed as part of the Keeping the Body in Mind Program, Eastern Suburbs Mental Health Service, and as part of a dietetics placement project by Michelle Hsu & Joyce Chan under the supervision of Scott Teasdale and Elisa Rossimel. Images obtained from Google Images.
Quick Guide to Cheap and Healthy Groceries and Meals

Find places near you to get cheap and healthy food to reach your health and wellbeing goals.

How to use the guide:

For each place, there will be all the details you need to get in contact with the organisation and where to find them straight away.

Each place will also have easy-to-read symbols to quickly find:

- Cooked meals provided at the place or delivered to your home.
- Groceries, fresh and non-perishable foods.
- Shopping list assistance. Send the organisation your shopping list order and they will buy the items and deliver them to you.

Look out for extra opportunities too!

At the bottom of the details, some places may offer other activities and services such as volunteering, work experience and financial support services.
Community Map – Look for a service around your neighbourhood!

1. Eastern Suburbs Salvation Army Community Services Centre
2. City of Botany Bay Services
3. Jewish House
4. Kooloora Community Centre
5. OzHarvest
6. St Mark’s Anglican Church
7. St Vincent de Paul Society
8. Staple Bag
9. The Wayside Café & Bondi Beach Community Service Centre
City of Botany Bay Services

Services available:

- **Subsidised centre-based meals**
  Caters for most dietary requirements (allergies, swallowing difficulties, cultural and taste preferences)

- **Meals on Wheels**

- **Shopping services**
  Up to 6 bags per delivery. Call to place shopping order.

**For:**
- Living in Botany Bay area
- Eligible for Home and Community Care (HACC)
- At least 65 years old
- Have a disability
- Aged 55 years & over for Aboriginal and Torres Strait Islander people

**Cost:**
Fee calculated based on a home visit assessment

**Location:**
**Aged & Disability Services Centre and Eastlakes Senior Citizens Centre**
Corner of O’Connor St & Vernon Avenue, Eastlakes NSW 2018
*Transport is provided to and from the centre on community buses

**Open:**
Monday to Friday 8am-4.30pm (Office)
10.30am-12.00pm (Meals on Wheels home delivery)

**Phone:**
9669 4640

More information about Meals on Wheels services can be found on page 16.
Eastern Suburbs Salvation Army
Community Services Centre, Maroubra

Services available:

- Free community meals
- Food vouchers
- Emergency crisis food parcels

For: Everyone!

For food vouchers, call to check if you are eligible.

Cost: Free!

Location: 100 Boyce Rd,
Maroubra NSW 2035

With full wheelchair access

Open: Monday and Tuesday (breakfast)
9am-10.30am
Wednesday (lunch)
12pm-1.30pm

Phone: Centre: 9344 7974

Food vouchers /emergency crisis: 1300 371 288

(Monday to Friday 9am-5pm)

Find out more at: www.salvationarmy.org.au

Other services:

- General welfare assistance
- Volunteering opportunities (helping with meal preparation, washing up and more)
Jewish House, Bondi

Services available:

- Groceries
- Cooked meals

For: Everyone!

Cost: Free!

Location: 17 Flood St
Bondi NSW 2026

Open: Monday to Friday
10am-5pm
Contact Jewish House for meal times.

Phone: 9386 0770
Crisis Hotline
1300 544 357

Find out more at: www.jewishhouse.org.au

Other services:

- Counselling
- Immediate crisis intervention
- Food and shelter
- Psychiatry
- Psychology
- Job search support
Kooloora Community Centre
Veged Out Program

Service available:

- Pick up groceries at Centre
  including bag of fresh fruit, vegetables and baked bread

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For: Everyone living in Malabar, Matraville, Chifley, Phillip Bay, Little Bay, La Perouse or Port Botany

Cost: $12 per bag
Pay by cash at Kooloora Centre at least 3 days in advance and keep your receipt to collect the groceries

Location: 167 Bilga Crescent, Malabar NSW 2036

Open: Every second Friday (except school holidays)
9.30am-12.30pm

Phone: 9661 9160
Ask for Julie Spies or Veged Out Coordinator

Find out more at: [https://kooloora.org/](https://kooloora.org/)

Other services:

- Community garden
- Volunteering opportunities (running the Veged Out program)
OzHarvest Market, Kensington

Service available:

- **Groceries** - *Stock varies each week.*
  Fresh fruit and vegetables, bread, tinned goods, frozen meals, drinks, toiletries and other home products.

<table>
<thead>
<tr>
<th>For:</th>
<th>Everyone!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost:</td>
<td>Free!</td>
</tr>
<tr>
<td></td>
<td><em>But contributions are greatly appreciated.</em></td>
</tr>
<tr>
<td>Location:</td>
<td>147 Anzac Parade, Kensington NSW 2033</td>
</tr>
<tr>
<td></td>
<td><em>No parking on-site</em></td>
</tr>
<tr>
<td>Open:</td>
<td>Monday to Friday</td>
</tr>
<tr>
<td></td>
<td>10am – 2pm</td>
</tr>
<tr>
<td>Phone:</td>
<td>9516 3877</td>
</tr>
</tbody>
</table>

Find out more at: [www.ozharvest.org/market/](http://www.ozharvest.org/market/)

Or Check out their Facebook page for the latest stock updates [www.facebook.com/OzHarvestMarket](http://www.facebook.com/OzHarvestMarket)

Other activities:

**Nourish** – Free hospitality training course for youths aged 16-25 years old. Program is for 6 months with TAFE NSW. You receive a Certificate II in hospitality at the end of the program.

Talk to: Belinda Woollett – Nourish Program Manager

Phone: 0411 465 458

Email: nourish.sydney@ozharvest.org

**NEST** – Nutrition education program for people in need of all ages. Programs are run by qualified nutritionist and dietitian volunteers.

Phone: 1800 108 006

Email: nest@ozharvest.org
**South Eastern Community Connect**

**List Shopping Service**

Service available:

- Shopping + Home delivery service

<table>
<thead>
<tr>
<th>For:</th>
<th>Cost:</th>
<th>Location:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have difficulty shopping due to physical or mental condition(s)</td>
<td>Cost of groceries + $5 delivery fee</td>
<td>Delivered to your home</td>
</tr>
<tr>
<td>At least 18 years old</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Open:

- Monday to Friday
- 9am-4.30pm
- Delivery days: Tuesday, Wednesday and Thursday

Phone: 8338 8506

*Ask for Lili (List Shopping Service coordinator)*

Find out more at: [http://www.secc.sydney/food-services--shopping.html](http://www.secc.sydney/food-services--shopping.html)

Other activities:

- Volunteering opportunities
- Multicultural social support groups and various levels of English classes
- At-home respite care and social support
- Family – parenting classes, supported playgroups and toy library
**St Mark’s Anglican Church, Malabar**

**Service available:**
- **Groceries**
  Non-perishable staples and some fresh foods (e.g. canned foods, cereals, long-life milk, pasta, rice)

<table>
<thead>
<tr>
<th>For:</th>
<th>Holder of Pension, Health Care or Immigration card</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cost:</strong></td>
<td>$10 contribution for up to 2 large shopping bags of food</td>
</tr>
<tr>
<td></td>
<td>You will receive a free reusable shopping bag on your first visit!</td>
</tr>
<tr>
<td><strong>Location:</strong></td>
<td>Corner of Franklin St and Victoria Lane, Malabar NSW 2036</td>
</tr>
<tr>
<td><strong>Open:</strong></td>
<td>Every second Friday 10.30-11.30am</td>
</tr>
<tr>
<td><strong>Phone:</strong></td>
<td>9311 0309</td>
</tr>
</tbody>
</table>

Find out more at: [www.stmarksomalabar.org.au](http://www.stmarksomalabar.org.au)

Other Mobile Community Pantry locations:
St Vincent de Paul Society, Kingsford Community Support Centre

Services available:
• Food
• Food vouchers

For:
• Live in Randwick City Council
• Referred by Centrelink
• Provide Centrelink income statement

Cost: Free!

Location: Level 2, 1a Meeks St,
Kingsford NSW 2032

Open: Monday to Friday
9.30am-12pm &
1pm-3pm

Phone: 9662 7380

Find out more at: www.vinnies.org.au
Or email them at kingsfordcsc@sydneyvinnies.org

Other services:
• Clothing
• Financial assistance
Staple Bags, Surry Hills

Service available:
- Groceries
  Fresh and non-perishable groceries (e.g. fruits and vegetables, bread, cereal, milk, eggs, pantry staples, meats, drinks and more)

For: Everyone!

Cost:
- $20 for standard bag (for 2 people for a week)
- $30 for family bag (for 4 people for a week)
- $15 for vegetarian bag
  + $7 flat rate delivery fee per customer (call to check if they deliver to your suburb)

Location: John Northcott Building
50/40-50 Belvoir St,
Surry Hills NSW 2010

Open: Friday 2pm-3pm

Phone: 9787 6832

Find out more at: https://thestaplesbag.org.au/

Other services:
- Work experience opportunities for unemployed people
- Provides hands-on work experience and life skills training (to help job seekers to find and keep a job)

Other locations:
The Wayside Chapel @ 29 Hughes St, Potts Point NSW 2011
open on Wednesday 12:30pm-2:30pm
The Wayside Café and Community Service Centre, Bondi Beach

Services available:
- Free community breakfasts and lunches
- Low-cost meals

For: Everyone!

Cost: FREE Community meals & Café offers full meals for under $4

Location: Norman Andrews House
77 Roscoe Street
Bondi Beach NSW 2026

Open: Monday to Friday
8.30-9am Free breakfasts
9.30am-2pm Low-cost café

Phone: 9581 9193

Find out more at: [https://www.thewaysidechapel.com/](https://www.thewaysidechapel.com/)

Other services:
- Showers, storage and laundry facilities are available for emergency relief.
- Volunteer opportunities at the Café to learn cooking, food preparation & business operations.
- Youth Breakfast Club Monday to Saturday 9am-11am
  - Free and for people 25 years old and under.
  - Different breakfast menus each day of the week and eat what you cook.
- Day to Day Living: Cooking Group – Free and for everyone!
  - Baking classes every second Wednesday 2.30pm-4.30pm
  - Breakfast cooking group on Monday and Wednesday 9.30am-10.30am
  - Luncheon cooking group on Friday 10.30am-1pm

@ Kings Cross/Potts Point Branch - Show up and join anytime!
- Free community lunches on Tuesday and Thursday 1pm-2pm
- Indigenous community lunches on Wednesday 12.30pm-2pm
- Low-cost café open every day at various times
## Weekly Calendar

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Free community breakfast</strong> 9am-10.30am @ Salvation Army Community Centre 100 Boyce Road Maroubra Call 9344 7974</td>
<td><strong>Free community lunch</strong> 12pm-1.30pm @ Salvation Army Community Services Centre 100 Boyce Road Maroubra Call 9344 7974</td>
<td><strong>Low-cost bags of groceries</strong> 2-3pm @ Staple Bags 50/40-50 Belvoir St, Surry Hills Call 9787 6832</td>
<td><strong>Free community breakfast (8.30am-9am) &amp; Low-cost meals (9.30am-2pm)</strong> @ Wayside Café and Community Centre 77 Roscoe St Bondi Beach Call 9581 9193</td>
<td><strong>List shopping service</strong> South Eastern Community Connect Monday to Friday 9am-4.30pm Call 8338 8506</td>
</tr>
<tr>
<td><strong>$12 bags of fresh groceries</strong> 9.30am-12.30pm Every 2nd Friday, except school holidays @ Kooloora Community Centre 167 Bilga Crescent Malabar Call for dates 9661 9160</td>
<td><strong>$10 bags of staple foods</strong> 10.30-11.30am Every second Friday @ St Mark’s Anglican Church corner of Franklin St and Victoria Lane Malabar Call for dates 9311 0309</td>
<td><strong>Low-cost groceries and staples</strong> 10am-2pm @ OzHarvest Market 147 Anzac Parade Kensington Call 9516 3877</td>
<td><strong>Subsidised meals &amp; shopping assistance</strong> 8am-4pm Groceries, fresh and non-perishable foods. Shopping list assistance @ Jewish House 17 Flood St Bondi Call 9386 0770 9am-5pm OR Crisis Hotline 1300 544 357</td>
<td><strong>Food vouchers</strong> 9am and 1pm-3pm @ St Vincent de Paul Society 1A Meeks St Kingsford Call 9662 7380</td>
</tr>
</tbody>
</table>

## Other services throughout the week

- **Low-cost groceries and staples**
  - Cooked meals provided at the place or delivered to your home.
  - Call 9516 3877

- **Subsidised meals & shopping assistance**
  - Groceries, fresh and non-perishable foods.
  - Shopping list assistance
  - Call 9311 0309

- **Food parcels and meals**
  - Call 9386 0770 9am-5pm OR Crisis Hotline 1300 544 357

- **Food vouchers**
  - 9am and 1pm-3pm @ St Vincent de Paul Society 1A Meeks St Kingsford Call 9662 7380
Looking for more?
Contact the following organisations for even more community meals and groceries near you:

**Donated food distributors**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Food Bank</strong></td>
<td>9756 3099</td>
</tr>
<tr>
<td><strong>Second Bite</strong></td>
<td>1800 263 283 (or 9316 9200 for the Sydney office)</td>
</tr>
<tr>
<td>OR use the Food Finder on their website</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.secondbite.org/food-finder">www.secondbite.org/food-finder</a></td>
<td></td>
</tr>
</tbody>
</table>

**Community centres**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The Junction Neighbourhood Centre</strong></td>
<td>9349 8200</td>
</tr>
<tr>
<td>Shop 2, 669-673 Anzac Parade, Maroubra, NSW 2035</td>
<td></td>
</tr>
<tr>
<td>Open Monday to Friday 9am-4.30pm</td>
<td></td>
</tr>
<tr>
<td>Range of services including information and referral, family support, aged and disability outreach services, groups and classes and volunteer services.</td>
<td></td>
</tr>
<tr>
<td>For more information, visit: <a href="http://www.jnc.org.au">www.jnc.org.au</a></td>
<td></td>
</tr>
</tbody>
</table>

**Culturally specific meals services**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COA Kosher Meals</strong></td>
<td>9389 0035</td>
</tr>
<tr>
<td><strong>Australian Chinese Community Meals on Wheels</strong></td>
<td>9281 1377</td>
</tr>
</tbody>
</table>

**Website directory**

AskIzzy.org.au

Enter your suburb or postcode and find more community meals, food vouchers and low-cost groceries.
## Other related services

### Community transport services

Arrange to be collected from your home to the local shopping centre for 1-2 hours of shopping.

Cost: $5 per trip

Most buses have wheelchair spaces.

Dates: Contact your local community transport to find out your area shopping days.

<table>
<thead>
<tr>
<th>Area</th>
<th>Contact Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Randwick/Waverley</td>
<td>9369 5366</td>
</tr>
<tr>
<td>South Sydney</td>
<td>8241 8000</td>
</tr>
<tr>
<td>Botany</td>
<td>8338 8506</td>
</tr>
</tbody>
</table>

### Shopping assistance

Contact your Local Neighbourhood Centre for shopping services they offer and the eligibility requirements.

- List shopping – you ring the centre for your order for home delivery
- Assisted shopping – a worker/volunteer accompanies you to do the shopping

<table>
<thead>
<tr>
<th>Centre</th>
<th>Contact Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Junction Neighbourhood Centre (Randwick)</td>
<td>9349 8200</td>
</tr>
<tr>
<td>Echo Neighbourhood Centre (Waverley)</td>
<td>9387 2885</td>
</tr>
<tr>
<td>South East Neighbourhood Centre (Botany)</td>
<td>8338 8506</td>
</tr>
<tr>
<td>Holdsworth St. Community Centre (Woollahra)</td>
<td>9302 3600</td>
</tr>
<tr>
<td>Kings Cross Community &amp; Information Centre (City of Sydney)</td>
<td>9357 2164</td>
</tr>
</tbody>
</table>

### Meal delivery service with Meals on Wheels

Costs: around $9-12 per meal (a main, soup and a dessert) or $4 for economy main meal

Meal types: Frozen or Ready-to eat ---- can also cater for those with specific dietary requirements

Some centres also provide shopping services such as group shopping bus or individual assisted shopping. Contact your local Meals on Wheels centre for the services they provide and the eligibility requirement.

<table>
<thead>
<tr>
<th>Area</th>
<th>Contact Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Randwick</td>
<td>Meals on Wheels 9661 3781</td>
</tr>
<tr>
<td>Waverley</td>
<td>Meals on Wheels 9386 7977</td>
</tr>
<tr>
<td>Botany</td>
<td>Meals on Wheels 9669 4640</td>
</tr>
<tr>
<td>Sydney</td>
<td>Meals on Wheels 8512 4230</td>
</tr>
<tr>
<td>Woollahra</td>
<td>Meals on Wheels 9327 2361</td>
</tr>
</tbody>
</table>
7 Helpful, Healthy Shopping Tips for 7 Days of the Week

Making small changes to your shopping routine can make HUGE benefits to your wallet and health.

1. Buy fresh produce that are on-special or on-sale at your local supermarket and grocer. Fruits and vegetables that are in-season are usually cheaper and fresher. Some cuts of meat may also be on special, so buy ones with less fat (the white parts) and cut off any visible fat before cooking meats at home.

2. Check for on-sale products that are healthy. ALDI is slightly cheaper than Coles and Woolworths, but you can still get bargains from the other supermarkets if you check for what’s on special that week.

3. Generic and home brand products can be just as nutritious as the popular brands – just check the ingredients list and nutritional information panel for hidden sugars, fats and salts (see “How to Read Nutrition Labels” on page 18).

4. Check the “per unit price” for the cheaper product. You will find these on the price label written as $$ per 100g or 1kg for foods, and $$ per 1L for drinks. Buying in bulk is usually cheaper than buying individual packs or smaller packets.

5. Frozen vegetables and fruits can be cheap and handy ways to a healthy meal. They are snap-frozen which means that they are frozen just a few hours after being picked in the farms to lock in their nutrients, making them just as nutritious as the fresh versions. Check the ingredients list to make sure that they are 100% vegetables/fruits, with no added sugars, fats or salt.

6. Canned tomatoes, beans and fish (tuna, salmon and sardines) are handy time-savers and money-savers too. Pick varieties that have no-added salt or sugar.

7. Plant-based protein foods are cheaper than meat-based foods. Try a meat-free day by using protein-packed, nutritious plant foods such as tofu, lentils, chickpeas, beans and cheese.
How to Read Nutrition Labels

Here is a go-to guide for reading nutrition information panels and ingredients lists. For more information and advice, see an Accredited Practising Dietitian near you.