



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.

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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.

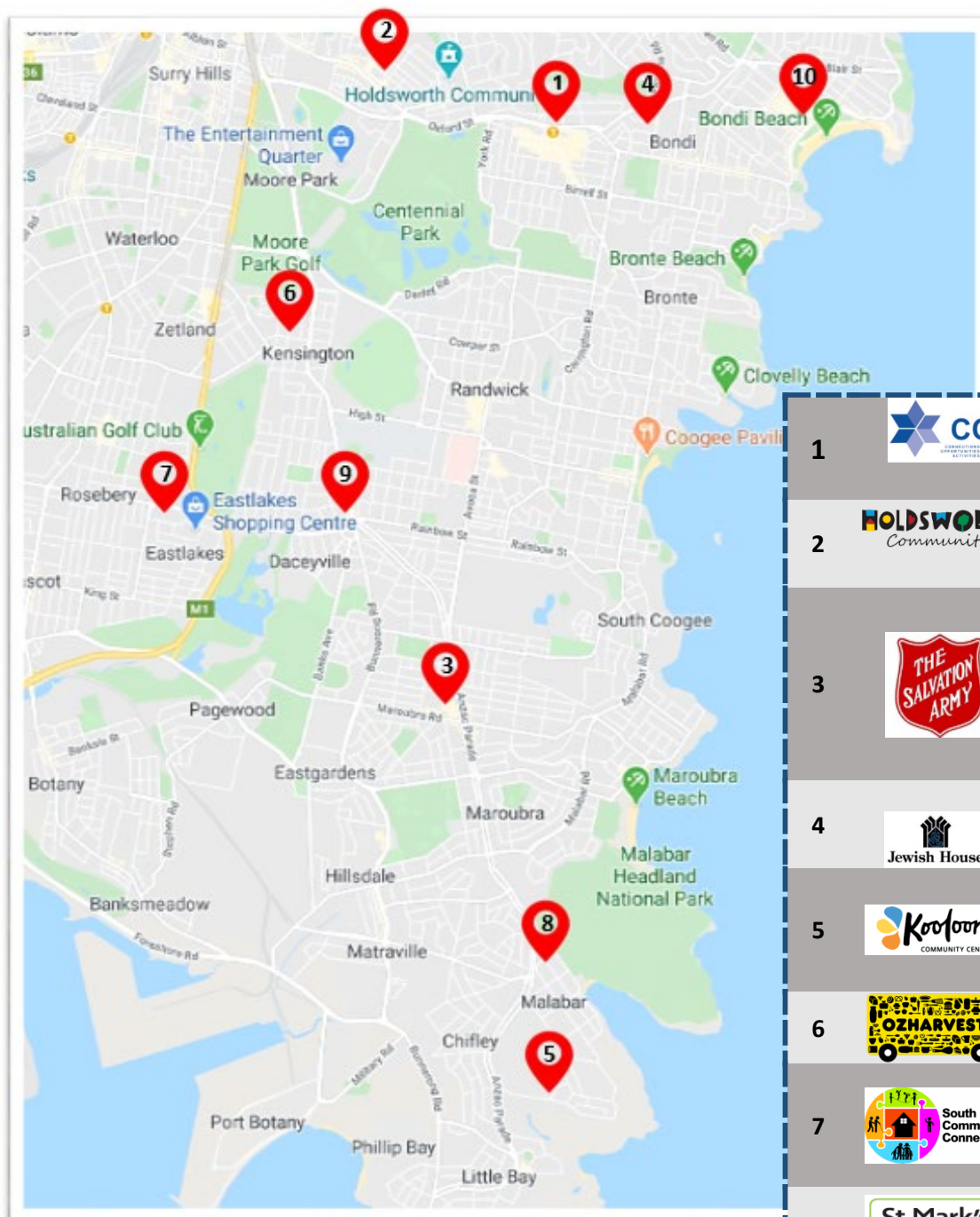


Shopping list assistance. Send the organisation your shopping list order and they will buy the items and deliver them to you.

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		COA Sydney
2		Holdsworth Community
3		Eastern Suburbs Salvation Army Community Services Centre
4		Jewish House & Our Big Kitchen
5		Kooloora Community Centre
6		OzHarvest
7		South Eastern Community Connect
8		St Mark's Anglican Church
9		St Vincent de Paul Society
10		The Wayside Café & Centre

COA Sydney



Services available:

- **Kosher Meals on Wheels**
Fresh and frozen options
- **Shopping services**
For people facing financial hardship and mobility problems.



For: Everyone

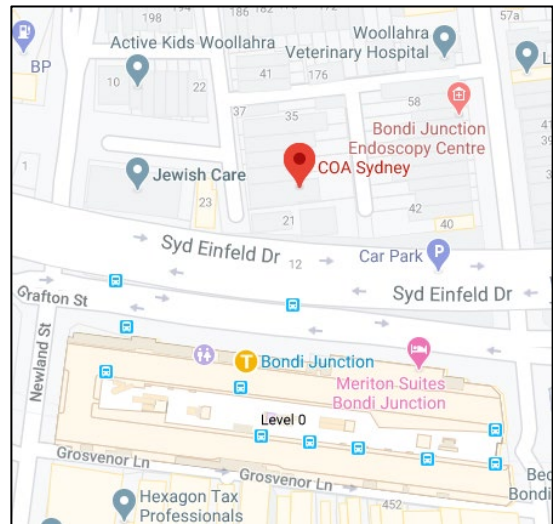
Cost: \$9 per meal (main + soup/dessert)
Can be covered by My Aged Care or pension

Location: 25 Rowe Street, Woollahra NSW 2025
*Transport is provided to and from the centre on community buses

Open: Monday to Thursday 9am-5pm
Friday 9am-2pm (Office)

Monday, Wednesday and Friday mornings 8.30-11am (Meals on Wheels home delivery), except Jewish Holidays

Phone: 9389 0035



Find out more at: <https://www.coasydney.org/Pages/Category/services>

Other services:

- Community activities
- Home support
- Volunteering opportunities

Holdsworth Community



Services available:

- **Gaden Community Café**
- **Home Cuisine**
Fresh and frozen options
Kosher and vegetarian options
- **Home shopping services**
For Woollahra residents only



For: People living in Woollahra and parts of Waverley local government areas

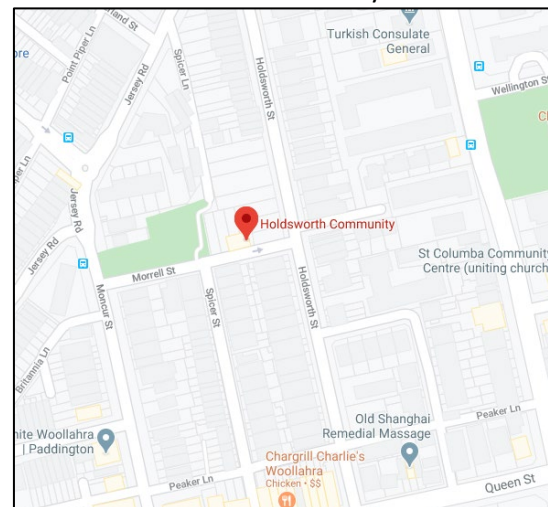
Cost: From \$7.50 per meal
Free delivery for Woollahra/Waverley area

Location: Office
64 Holdsworth Street
Woollahra NSW 2025
Gaden Community Café
334 Edgecliff Road (Cnr Queen Street), Woollahra
**Currently closed due to COVID*

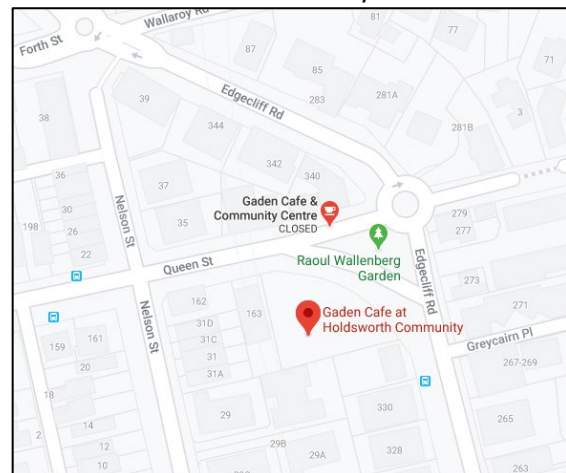
Open: Monday to Friday 9am-5pm (Office)
Monday to Friday 7.30am-4pm (Café) **Currently closed due to COVID*

Phone: 9302 3600 (Office)
9302 3688 (Café)
9327 2361 (Home Cuisine)
9302 3605 (Home shopping)

Holdsworth Community Office:



Gaden Community Café:



Find out more at: <https://holdsworth.org.au/meals-food/>

Eastern Suburbs Salvation Army
Community Services Centre, Maroubra

**Currently closed due to COVID*



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

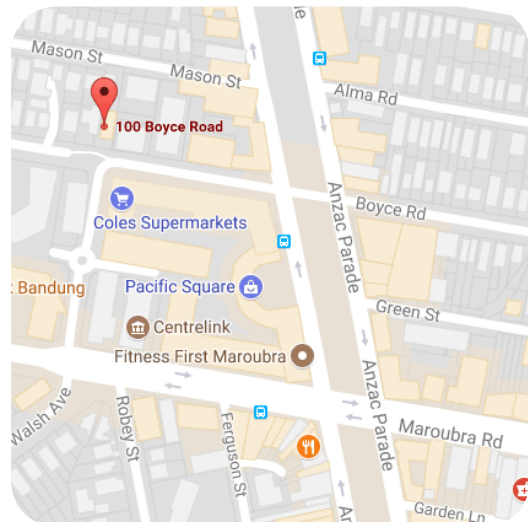
Full wheelchair access

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

***Currently closed due to COVID**

Our Big Kitchen, Bondi



Services available:

- **Groceries**
- **Cooked meals**
Hot fresh or frozen options
Kosher and vegetarian options
Meals provided by Our Big Kitchen



For: Everyone

Cost: Free

Location: Jewish House
17 Flood St, Bondi NSW 2026
Our Big Kitchen
36 Flood Street, Bondi NSW
2026

Open: Monday to Friday 10am-5pm (Office)
*Contact Jewish House for meal times. *Currently closed due to COVID*

Call Our Big Kitchen for opening times

Phone: 9386 0770 (Jewish House)
Crisis Hotline: 1300 544 357
8084 2729 (Our Big Kitchen)



Find out more at: www.jewishhouse.org.au and www.obk.org.au/

Other services:

- **Counselling**
- **Immediate crisis intervention**
- **Food and shelter**
- **Psychiatry**
- **Psychology**
- **Job search support**

Kooloora Community Centre Veged Out Program



Service available:

- **Veged Out groceries at Centre**
Bag of fresh fruit, vegetables and baked bread



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

Cost: \$15 per bag

Pay at Kooloora Centre 1 week in advance and keep your receipt to collect groceries

Location: 167 Bilga Crescent, Malabar NSW 2036

Open: Pick up groceries 10.30am every second Friday (except school holidays)

Phone: 9661 9160 or 0482 039 053

Ask Veged Out program
Coordinator



Find out more at: <https://kooloora.org/>

Other services:

- **Community garden**
- **Emergency food relief (hampers, cooked meals, electricity and gas vouchers)**
- **Volunteering opportunities (to help run Veged Out program)**

OzHarvest Market, Kensington



Service available:

- **Groceries** - Stock varies each week.
Prep-packed hampers at main entrance.
Fresh fruit and vegetables, bread, tinned goods, frozen meals, drinks, toiletries and other home products.



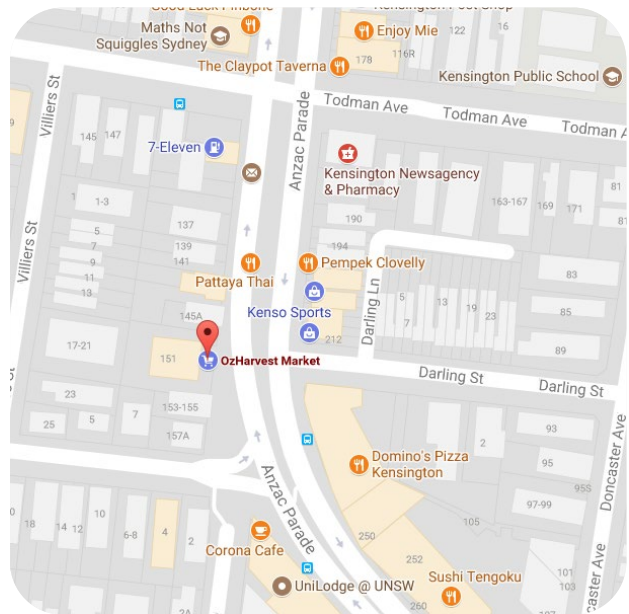
For: Everyone

Cost: Free
Contributions are greatly appreciated.
Please BYO bags

Location: 147 Anzac Parade,
Kensington NSW 2033
**No parking on-site*

Open: Tuesday to Friday 10am-2pm

Phone: 9516 3877 (Sydney office)



Find out more at: www.ozharvest.org/market/

Or Check out their Facebook page for the latest stock updates
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



**South Eastern
Community
Connect**

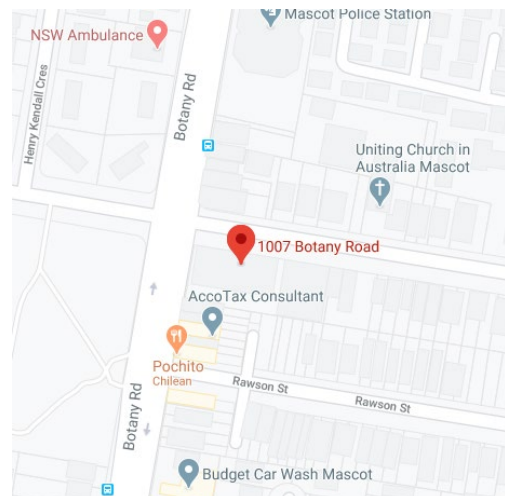
- For:**
- Have difficulty shopping due to physical or mental condition(s)
 - At least 18 years old

Cost: Contact SECC

Location: Head Office: Shop 84, Eastlakes Shopping Centre (under Centre Management)
SECC Community Hub: 1007 Botany Road, Mascot (cnr Coward St)

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

Phone: 8338 8506 (Eastlakes)
7903 0607 (Mascot)



Find out more at: <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)



in partnership with



Anglicare
Community Services

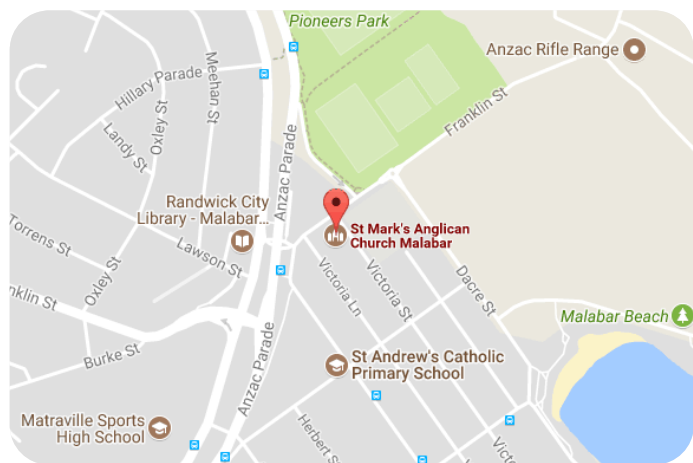
For: Anyone with a Pension, Health Care or Immigration card

Cost: \$10 for bag of groceries
\$2 for fresh food

Location: Corner of Franklin St and Victoria Lane, Malabar NSW

Open: Every second Friday
10.30-11.30am
Call or visit website for dates

Phone: 9311 0309



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

Similar service also available at St Paul's South Coogee

Details: 1 Gregory St, South Coogee

Every second Thursday 3.30pm - 4.30pm

Call or visit website for dates

Contact: 0407 891 306

Other Mobile Community Pantry locations:

www.anglicare.org.au/mobile-community-pantry

St Vincent de Paul Society, Kingsford Community Support Centre



Services available:

- Food
- Food vouchers*

**During COVID-19, vouchers will be posted to a secure letterbox or can be picked up from office.*

- Brekky van

Available at Prince Alfred Park in Surry Hills every Sunday 9am-11am for hot cooked breakfast for people facing hardship.

- For:**
- Live in Randwick City Council
 - Referred by Centrelink

Cost: Free
Must provide Centrelink income statement to apply

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

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

Phone: 9662 7380 (Kingsford)
General intake line for welfare assistance:
9560 2656 or 13 18 12



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

Email: kingsfordcsc@sydneyvinnies.org

Other services:

- Clothing
- Financial assistance

Staple Bags, Surry Hills



Service available:

- **Groceries**
Fresh and non-perishable groceries



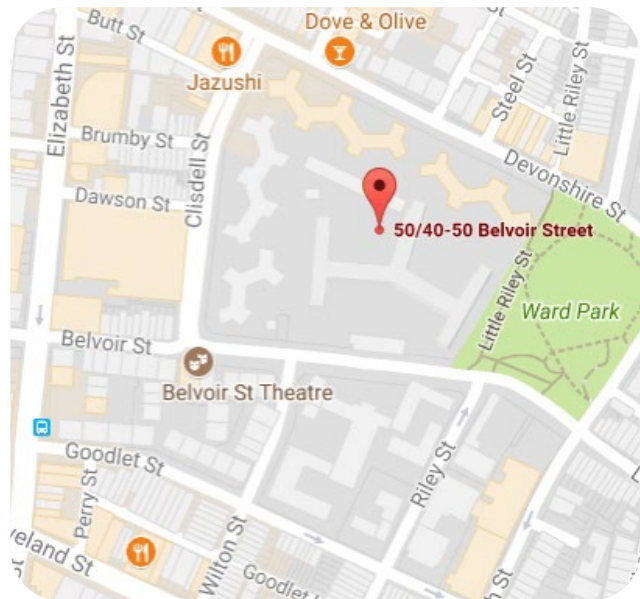
For: Everyone

Cost: \$15 for vegetarian bag
\$20 for standard bag (for 2 people for a week)
\$30 for family bag (for 4 people for a week)
+ delivery fee may apply (call to check for your suburb)

Location: Drop-off delivery only
Pop-up stores available

Open: Monday to Friday
9am-5pm

Phone: 9787 6832



Find out more at: www.thestaplesbag.ssi.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)**

The Wayside Café and Community Service Centre, Bondi Beach



Services available:

- Free community breakfasts and lunches
- Low-cost meals



For: Everyone

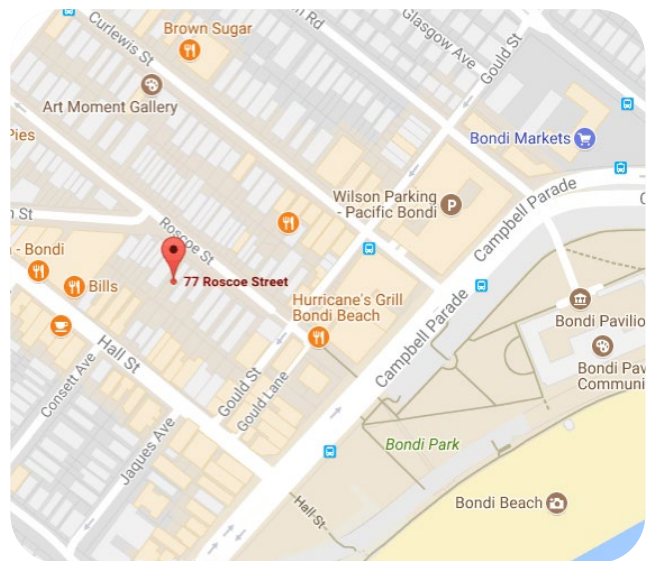
Cost: FREE Community meals & Café offers full meals for under \$4

Location: **Norman Andrews House**

77 Roscoe Street
Bondi Beach NSW 2026
Heart café: 95 Roscoe Street, Bondi Beach

Open: Monday to Friday
Centre-based: 9am-1pm
Outreach: 2pm-9pm
Heart café: 7am-4pm daily

Phone: 9581 9193



Find out more at: 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.
 - Programs for Wellness, Aboriginal communities, Pathways, NDIS, Young people. Program timetable TBC.
- Bondi Garden
 - Telephone: 02 9581 9101
 - Email: garden@thewaysidechapel.com

Looking for more?

Contact the following organisations for even more community meals and groceries near you:

Donated food distributors

Food Bank 9756 3099

Second Bite 1800 263 283 (or 9316 9200 for the Sydney office)

OR use the Food Finder on their website

www.secondbite.org/food-finder

Community centres

The Junction Neighbourhood Centre

Call: 9349 8200 or text 0447 046 606 if no credit and they will call you back.

Shop 2, 669-673 Anzac Parade, Maroubra, NSW 2035

Open Monday to Friday 9am-4.30pm

Range of services including information and referral, family support, aged and disability outreach services, groups and classes and volunteer services.

For more information, visit: www.jnc.org.au



Culturally specific meals services

COA Kosher Meals

9389 0035

Australian Chinese Community Meals on Wheels

9281 1377

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 return trip

Most buses have wheelchair spaces.

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

Access Sydney Community Transport 8241 8000 <https://accesssydney.org.au/areas-we-cover/>

Randwick/Waverley 9369 5366 <https://rwctg.org.au/individual-transport/>

Shopping assistance

Contact Access Sydney Community Transport or your Local Neighbourhood Centre for shopping services they offer and the eligibility requirements.

- List shopping – your order will be bought and home delivered to you
- Assisted shopping – a worker/volunteer accompanies you to do the shopping

The Junction Neighbourhood Centre (Randwick) 9349 8200

Echo Neighbourhood Centre (Waverley) 9387 2885

South East Neighbourhood Centre (Botany) 8338 8506

Holdsworth Community Centre (Woollahra) 9302 3600

Kings Cross Community & Information Centre (City of Sydney) 9357 2164

Meal delivery service with Meals on Wheels

Costs: around \$6-10 per 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.

Randwick Meals on Wheels 9661 3781

City of Sydney Meals on Wheels 8512 4230

Woollahra and Waverley Meals on Wheels (Holdsworth Community) 9302 3600

Woollahra Meals on Wheels (COA Sydney) 9389 0035

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.

For more information and advice about how you can eat healthily for your physical and mental health, see an [Accredited Practising Dietitian](#) near you.

