

Food Relief Services Guide

Information in this guide is current as of 13 January 2025

St Vincent De Paul Emergency Assistance Line

Phone: 13 18 12

May provide emergency relief with food assistance, clothing, furniture, budget support, assistance with utility bills or back to school costs. When you call the Helpline, you will be directed to a St Vincent de Paul support service in your vicinity.

Drop In Centres

Blue Door

Phone: (02) 6234 7391

Location: 23 Quick Street, Campbell (in Ainslie Village access via Hayley Street).

Email: BlueDoor.cg@vinnies.org.au

Website: <https://www.vinnies.org.au/act-surrounds/find-help/food-housing-clothing-act-surrounds/blue-door-drop-in-centre>

Operating hours:

Coffee: Mon-Fri 8am-1:30pm

Hot meal: Mon-Fri 12pm

Drop-in centre that provides support including free nutritious takeaway meals, clothing, and furniture vouchers. Can also do clothing vouchers, and assist with furniture bedding, etc., and advocacy and referrals.

Early Morning Centre

Phone: (02) 6247 5041

Location: Uniting Church 69 Northbourne Ave, Canberra City

Email: emc@canberracityuca.org.au

Website: <https://www.emc.org.au>

Operating hours:

Breakfast: Mon-Fri 7.30am-8.30am

Community hub: Mon-Fri 9am-2pm, Sat and Sun 9am-1pm

Free dine in or takeaway meals Monday and Wednesday at 12pm for people experiencing, or at risk of, homelessness.

Snacks available on other days including weekends, open/ unlimited access: tea, coffee, and food.

This information guide is an ACT Government funded initiative.

Showers available weekdays 9am-2pm, open access with no limits on number of people.

Range of support services provide outreach from the centre.

For a list of free meals and hot drinks, please see our Free Meals, Laundry and Shower Guide.

Food and Essential Goods Pantries

Food Pantries are run by community organisations and groups to provide low cost and sometimes free groceries to people in need. Pantry contents are usually based on what has been donated and may include a variety of goods such as non-perishables, culturally appropriate foods, fruit, vegetables, cold goods, meat, bread, hygiene products, and other non-food daily necessities when available. Please note, most pantries are closed during public holidays; please contact the individual service for confirmation.

Walk-ins are accepted unless otherwise stated.

For more information, visit the Canberra Food Relief website and interactive map at www.volunteeringact.org.au/food-relief-network/

Foodbank Vouchers

The following services can provide food vouchers. You may need to provide proof of identity: Migrant & Refugee Settlement Services (MARSS) (phone (02) 6248 8577), Salvation Army (phone 1300 371 288), St John's Care (phone (02) 6248 7771), St Vincent de Paul (phone (02) 6282 2722, UnitingCare Kippax (phone (02) 6254 1733).

Food vouchers can be used at the following pantries: Community Services #1 Food Pantry (Narrabundah), Holy Cross Tuckerbox (Hackett), The Food Pantry (Watson), Helping Hand Pantry (St Paul's Spence), HandUp Food Care (Canberra City Care Charnwood), the FoodHut Co-op (Belconnen), Lyons Food Corner (Lyons), Anglicare Food Fair (Queanbeyan). For more information about locations, please see service entry below.

Central Canberra

This information guide is an ACT Government funded initiative.

The Junction, for 12–25-year-olds only

Phone: (02) 6232 2423

Email: junctioninfo@anglicare.com.au

Website: <https://www.anglicare.com.au/services/youth-family/health/>

Location: 30 Scott's Crossing, Canberra City

Operating hours: Mon-Fri 9:30am-5pm

The Junction can provide emergency food relief for young persons aged 12 to 25.

St John's Care (Parish Centre)

Phone: (02) 6248 7771

Location: 45 Constitution Avenue, Reid

Email: enquiries@stjohnscare.org.au

Website: <https://www.stjohnscare.org.au>

Operating hours: Mon-Fri 9:30am-2pm

Provide emergency assistance in the form of food, fresh fruit and vegetables. Can also provide some clothing and bedding, prescription filling, bus fares and a limited amount of financial help to meet the basic requirements of people in need.

Information and referral to a variety of services is also provided, including help to find the right agency or department to deal with a problem.

Vinnies Roadhouse

Phone: (02) 6234 7600

Location: Ground Floor, Griffin Centre, 20 Genge Street, Canberra City

Email: roadhouse@vinnies.org.au

Website: <https://www.vinnies.org.au/act-surrounds/find-help/food-housing-clothing-act-surrounds/vinnies-roadhouse>

Operating hours: Mon, Thurs, & Sat: 4:30pm-5.30pm, Tues, Weds, & Sun: 3:30pm-5:30pm and Fri: 12pm-2pm

Free nutritious takeaway meals.

Wednesday and Saturday service provided by Hare Krishna (vegetarian); Friday service provided by Soup Kitchen.

OzHarvest groceries available during food service on Mondays, Wednesdays, and Fridays.

Vinnies Street to Home available on Thursday.

Northside

Communities at Work

Phone: (02) 6293 6500

Location: Gungahlin Community Centre, 47 Ernest Cavanagh Street, Gungahlin

This information guide is an ACT Government funded initiative.

Email: admin@commsatwork.org

Website: <https://commsatwork.org>

Operating hours: Mon 12.30pm-3pm, Tues-Fri 9.30am-11.30am & 12.30pm-3pm

The community pantry can provide free and heavily discounted basic food, household, and personal care items for people struggling or experiencing hardship.

The community pantry can be used in a range of ways:

- spend a small amount to buy food and access free items
- make a crisis support appointment and receive a food voucher to use in the pantry for free
- use a FoodBank card given to you by another community organisation to access food in the pantry.

FoodHut Co-op

Phone: (02) 6253 1672

Location: Nations Heart Christian Community, 27 Rae St, Belconnen

Email: office@nationsheart.com.au

Operating hours: Tues 4:00pm -5:45pm during school terms

Email or phone ordering available for current food pantry members.

A contribution of \$1.75 per kg is requested for some goods in order to cover service costs. A yearly membership of \$2 is charged to cover administration costs. For crisis support send email or call office and leave a message, and staff will return call (see our Emergency & Crisis Support guide for more information).

HandUp Food Care – Canberra City Care

Phone: (02) 6196 8630

Location: Canberra City Care, 20 Cartwright St, Charnwood

Operating hours: Mon-Fri 10am-3pm

Access to food pantry with membership is \$4 per year. Walk-ins accepted.

Holy Cross Tuckerbox

Phone: 0413 751 502

Location: Holy Cross Anglican Church, Corner of Phillip Ave & Antill St, Hackett

Email: tuckerbox@holycrosshackett.org.au

Operating hours: Sat 1:00pm-4:00pm

Access to the food pantry is via membership of \$2 per family per year.

Mustard Seed Uniting Food Pantry

Phone: (02) 6242 5001

Location: Gungahlin Uniting Church, 108 The Valley Avenue, Gungahlin

Operating hours: Thursday 11am-1pm & 6pm-7pm

This information guide is an ACT Government funded initiative.

Available to anyone in need or on a low income.

A one-off membership fee of \$1 is required.

Affordable grocery items available, including toiletries and cleaning products.

The Pantry

Phone: 0403 113 874

Location: Youth with a Mission, 76 Federal Highway, Corner Zelling Street, Watson

Email: info@ywamcanberra.org

Operating hours: Thurs 10am-3pm

Access to food pantry with membership is \$2 per year. Check with the service around public holidays as opening days may change.

UCX Food Pantry (for all UC Students on and off campus)

Phone: (02) 6206 8594

Email: foodpantry@canberra.edu.au

Location: UCX Student Lounge, 1a Kiranari St, Bruce

Operating hours: Tues & Thurs 11am-1pm and Wed 4pm-6pm

Low sensory hour from 1pm – 2pm on Tuesdays only

Must be a student at the University of Canberra and show student card. Walk-ins accepted.

Uniting Care Kippax

Phone: (02) 6254 1733

Location: Uniting Church Kippax, Corner of Luke St & Hardwick Cres, Holt

Email: front.office@kippax.org.au

Website: <https://kippax.org.au/>

Operating hours: Mon-Fri 9am-4.30pm

Walk-in assistance available for emergency food relief and financial aid. Subject to availability, can provide food and hygiene hampers and grocery vouchers.

Southside

Arawang Emergency Relief

Phone: 0491 605 086

Location: Cnr. Kett Street & Marconi Cres, Kambah, ACT 2902

Operating hours: Mondays only 9:30am – 12:30pm (closed on public holidays)

Can provide crisis support in the form of food and toiletries as well as information and referrals to other services. No appointment is needed. Access is limited to once per month.

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Communities at Work

Phone: (02) 6293 6500

Location: Tuggeranong Community Centre, 245 Cowlshaw St, Greenway ACT 2900

Email: admin@commsatwork.org

Website: <https://commsatwork.org>

Operating hours: Mon 12.30pm-3pm, Tues-Fri 9.30am-11.30am & 12.30pm-3pm

The community pantry can provide free and heavily discounted basic food, household, and personal care items to people struggling or experiencing hardship. The community pantry can be used in a range of ways:

- spend a small amount to buy food and access free items
- make a crisis support appointment and receive a food voucher to use in the pantry for free
- use a FoodBank card given to you by another community organisation to access food in the pantry.

Community Care Hub – Capital Edge

Phone: (02) 6231 4447

Location: 16-32 Grattan Court, Wanniasa

Operating hours: Tuesday & Wednesday 10.00am – 4.00pm

Community Services #1 Food Pantry

Phone: (02) 6126 4700 or 1800 960 938

Location: 63 Boolimbah Crescent, Narrabundah

Email: reception@communityservices1.org

Operating hours: Mon & Tues 10am – 1pm, Wed – Fri 1pm-4pm

Bookings required.

Lanyon Food Hub- YWCA (Available to Tuggeranong valley residents)

Phone: (02) 6185 2090

Location: Mura Lanyon Youth & Community Centre, 22 Sidney Nolan St, Conder.

Email: mlycc.manager@ywca-canberra.org.au

Operating hours: Thu 9am-2pm

New users need to be assessed for eligibility; contact to make an appointment.

Lanyon Pantry – Gordon Community Centre

Phone: (02) 6284 7003

Location: Gordon Community Centre, 110 Lewis Luxton Avenue, Gordon

Email: gordon@anglicare.com.au

Operating hours: Tues, Wed, Fri 10am-3pm

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Emergency relief to assist people in crisis through the provision of food and personal care items; non-perishables, fruit and vegetables, dairy, and meat may be available.

The Little Pantry

Phone: (02) 6282 2644

Location: Woden Community Hub, Westfield Woden, Office Suite 003 (mezzanine level above Commonwealth Bank), Keltie Street, Phillip, ACT

Email: info@wcs.org.au

Operating hours: Mon-Fri 9am-5pm

Individuals can access this service once a month for three consecutive months. Supplies non-perishable food and personal hygiene items; contact to make appointment.

Lyons Food Corner

Phone: (02) 6282 1502

Location: Lyons Church of Christ, 2 Marrawah St, Lyons

Email: admin@lyons.org.au

Operating hours: Sunday 9:30am-10:45am

Access to the food pantry is via membership of \$2 per year.

The Pantry

Phone: (02) 6296 7701

Location: 490 Sulwood Drive, Canberra 2902

Operating hours: Wednesday 9:30am-3:30pm

Access to the food pantry is via membership of \$2 per year.

Queanbeyan

Anglicare Food Fair Community Pantry

Phone: (02) 6232 9272

Location: 170 Crawford St, Queanbeyan

Email: food.fair@anglicare.com.au

Operating hours: Tue-Fri 10.30am-4pm

Food Fair memberships are available with a small sign-up fee and applicants must have a Centrelink card, a Health Care Card or be on a low income.

Yass

Vine Community Food Care

Phone: (02) 6226 1444

Location: Yass & NSW Yass Vine Church Community, 66 Lead St, Yass

Email: generaloffice@yassvinechurch.com.au

Operating hours: Thu 10am-5pm

This information guide is an ACT Government funded initiative.

Anyone with a Centrelink concession card or who just needs help are welcome to join. Access to the food pantry is via membership of \$2 per year.

Culturally Sensitive Crisis and Food Services for Migrant and Refugee People

HelpingACT – Food Relief Service

Phone or SMS: 048 161 HELP (4357)

Location: 14 Daniels Street, Franklin 2913

Email: contact@helpingact.org

Website: www.helpingact.org/help

Operating hours: On request

Free emergency food relief hampers available, including for people with cultural or dietary needs. Submit a request Sat-Tue on the website for pickup on the next weekend (instructions will be sent). Delivery may be available for anyone unable to collect from a hub in Civic, Franklin or Wright.

MARSS Australia Inc - Migrant and Refugee Settlement Services

Phone: (02) 6248 8577

Location: Level 2, Theo Notaras Multicultural Centre, Level 2/180 London Cct, Canberra City and Suites 1.5 and 1.6 Marketplace Gungahlin, 33 Hibberson St, Gungahlin ACT 2912

Email: info@marss.org.au

Website: <https://marss.org.au>

Operating hours: Mon-Fri 9am-5pm

Emergency relief for individuals and families experiencing financial stress, for migrant, refugee and other people who arrived in Australia less than 5 years ago. Support is available in the form of supermarket vouchers and culturally appropriate food hampers. MARSS can also assist with other forms of emergency relief including bills.

Multicultural Hub Canberra

Phone: (02) 6100 4611

Location: Theo Notaras Multicultural Centre, Level 2, 180 London Cct, Canberra City

Email: info@mhub.org.au

Website: <https://mhub.org.au>

Operating hours: Mon-Fri 9am-5pm

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Theo Notaras Multicultural Centre, Level 2, 180 London Circuit, Canberra City. Provides services to support migrants, refugees, and asylum seekers.

Contact us to find out more about these and other community services in the Canberra Region.




Contact us today to

- Find out more about these and other community services in the Canberra region.
- Add or update your services in our info guides.

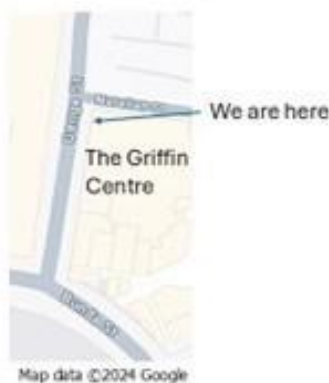
 **Email**
info@volunteeringact.org.au

 **Phone Number**
02 6248 7988

 **Website**
www.volunteeringact.org.au

 **Opening hours**
Monday to Friday
10am - 4pm

 **Location**
Ground floor, Griffin Centre, Genge Street, Canberra City, ACT 2601



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