



Food and Groceries Relief Guide (including Free Meals Calendar)

This guide has been prepared by VolunteeringACT. Our Community Info Hub services are accessible in person, via phone and email. Copies of this and other Community Information Guides can also be accessed online at

www.volunteeringact.org.au

See the end of this document for more information.

The information in this guide is current as of 16 December 2025.

St Vincent De Paul Emergency Assistance Line

Phone: (02) 6282 2722

Phone: 13 18 12

Operating hours: Monday to Friday 9:00am to 3:30pm

May provide emergency relief with food assistance, clothing, furniture, budget support, assistance with utility bills, prescriptions, 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.

Help that may be available includes:

- Food assistance
- Advocacy and support
- Help with transport and travel and travel costs
- Assistance with utility bills
- Essential clothing and bedding
- Referrals to other services

This information guide is an ACT Government funded initiative.



Free Meals Calendar

Monday

Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	
	7:30am-8:30am	Eat in or Take-away breakfast
	9am-2pm for Community Hub	Community Hub (Hot drinks)
	12 noon-1:30 (or when food runs out)	Eat in or take-away lunch
Vinnies Blue Door	23 Quick Street, Campbell (in Ainslie Village access via Hayley Street)	Lunch
	8:00am-1:30pm	Coffee,
	12 noon	Hot meal
St Benedict's Community Centre	Annie's Place, 21 Brigalow Street (entrance off Anne St), Karabar, Queanbeyan	
	10am-1pm	Eat in or take-away meal
Vinnies Roadhouse	Griffin Centre Meeting Room 1, 20 Genge Street, City	
	4:30pm-5:30pm	Eat in or take-away meal



Vinnies Night Patrol Van 1	Belconnen Bus Interchange, Lathlain Street, Belconnen	
	7:00pm	Sandwiches, snacks, tea, coffee
	Veteran's Park, Corner of Bunda Street and Mort Street, City	
	8:00pm	Sandwiches, snacks, tea, coffee

Vinnies Night Patrol Van 2	Old Queanbeyan Visitors Information Centre, 1 Farrer Place, Queanbeyan	
	7:00pm	Sandwiches, snacks, tea, coffee
	Dickson Library, Dickson Place	

Tuesday

Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	
	7:30am-8:30am	Eat in or Take-away breakfast
	9am-2pm for Community Hub	Community Hub (Hot drinks)

Vinnies Blue Door	23 Quick Street, Campbell (in Ainslie Village access via Hayley Street)	
	8:00am-1:30pm	Coffee,
	12 noon	Hot meal
St Benedict's Community Centre	Annie's Place, 21 Brigalow Street (entrance off Anne St), Karabar, Queanbeyan	
	10am-1pm	Eat in or take-away meal
Vinnies Roadhouse	Griffin Centre Meeting Room 1, 20 Genge Street, City	
	3:30pm-5:30pm	Eat in or take-away meal
Vinnies Night Patrol Van 1	Belconnen Bus Interchange, Lathlain Street, Belconnen	
	7:00pm	Sandwiches, snacks, tea, coffee
	Veteran's Park, Corner of Bunda Street and Mort Street, City	
	8:00pm	Sandwiches, snacks, tea, coffee

Vinnies Night Patrol Van 2	Old Queanbeyan Visitors Information Centre, 1 Farrer Place, Queanbeyan	
	7:00pm	Sandwiches, snacks, tea, coffee
	Dickson Library, Dickson Place	
	8:00pm	Sandwiches, snacks, tea, coffee

Wednesday

Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	
	7:30am-8:30am	Eat in or Take-away breakfast
	9am-2pm for Community Hub	Community Hub (Hot drinks)
	12 noon-1:30 (or when food runs out)	Eat in or take-away lunch

Vinnies Blue Door	23 Quick Street, Campbell (in Ainslie Village access via Hayley Street)	
	8:00am-1:30pm	Coffee,
	12 noon	Hot meal

St Benedict's Community Centre	Annie's Place, 21 Brigalow Street (entrance off Anne St), Karabar, Queanbeyan	10am-1pm	Eat in or take-away meal
Vinnies Roadhouse	Griffin Centre Meeting Room 1, 20 Genge Street, City	3:30pm-5:30pm (Provided by Hare Krishna Food For Life Program, Canberra)	Eat in or take-away meal
Vinnies Night Patrol Van 1	Belconnen Bus Interchange, Lathlain Street, Belconnen	7:00pm	Sandwiches, snacks, tea, coffee
	Veteran's Park, Corner of Bunda Street and Mort Street, City	8:00pm	Sandwiches, snacks, tea, coffee
Vinnies Night Patrol Van 2	Old Queanbeyan Visitors Information Centre, 1 Farrer Place, Queanbeyan	7:00pm	Sandwiches, snacks, tea, coffee
	Dickson Library, Dickson Place	8:00pm	Sandwiches, snacks, tea, coffee



Thursday

Early Morning Centre	City Uniting Church, 69 Northbourne Ave, City	7:30am-8:30am	Eat in or Take-away breakfast
		9am-2pm for Community Hub	Community Hub (Hot drinks)
Vinnies Blue Door	23 Quick Street, Campbell (in Ainslie Village access via Hayley Street)	8:00am-1:30pm	Coffee,
		12 noon	Hot meal
Vinnies Roadhouse	Griffin Centre Meeting Room 1, 20 Genge Street, City	4:30pm-5:30pm	Eat in or take-away meal
Fyshwick Community Meals	Vision Church, 1 Lithgow Street, Fyshwick	5:30pm-7:00pm	Hot meal
Vinnies Night Patrol Van 1	Belconnen Bus Interchange, Lathlain Street, Belconnen	7:00pm	Sandwiches, snacks, tea, coffee



Veteran's Park,
Corner of Bunda Street and Mort Street, City

8:00pm Sandwiches, snacks, tea, coffee

Vinnies Night Patrol Van 2 Old Queanbeyan Visitors Information Centre,
1 Farrer Place, Queanbeyan

7:00pm Sandwiches, snacks, tea, coffee

Dickson Library, Dickson Place

8:00pm Sandwiches, snacks, tea, coffee

Friday

Early Morning Centre City Uniting Church,
69 Northbourne Ave, City

7:30am-8:30am Eat in or Take-away breakfast

9am-2pm for Community Hub Community Hub (Hot drinks)

Vinnies Blue Door 23 Quick Street, Campbell (in Ainslie Village access via Hayley Street)

8:00am-1:30pm Coffee,

12 noon Hot meal

St Benedict's Community Centre Annie's Place,
21 Brigalow Street (entrance off Anne St), Karabar, Queanbeyan

10am-1pm Eat in or take-away meal

Soup Kitchen	Griffin Centre Meeting Room 1, 20 Genge Street, City	12 noon-3:00pm (Provided by Stasia's Soup Kitchen)	Eat in or take-away meal
Braddon Neighbourhood Soup Kitchen	Salt House Community Centre, Haig Park (Provided by Calvary Chapel United Pentecostal Church)	5:00pm- 7:00pm	Hot food and a chat
Vinnies Night Patrol Van 1	Belconnen Bus Interchange, Lathlain Street, Belconnen	7:00pm	Sandwiches, snacks, tea, coffee
	Veteran's Park, Corner of Bunda Street and Mort Street, City	8:00pm	Sandwiches, snacks, tea, coffee
Vinnies Night Patrol Van 2	Old Queanbeyan Visitors Information Centre, 1 Farrer Place, Queanbeyan	7:00pm	Sandwiches, snacks, tea, coffee
	Dickson Library, Dickson Place		
		Saturday	
Early Morning Centre	City Uniting Church, 69 Northbourne Avenue, City	9:00am-1:00pm	Morning tea

Vinnies Roadhouse	Griffin Centre Meeting Room 1, 20 Genge Street, City	4:30pm-5:30pm (Provided by Hare Krishna Food for Life Program, Canberra)	Eat in or take-away meal
Vinnies Night Patrol Van 1	Belconnen Bus Interchange, Lathlain Street, Belconnen	7:00pm	Sandwiches, snacks, tea, coffee
	Veteran's Park, Corner of Bunda Street and Mort Street, City	8:00pm	Sandwiches, snacks, tea, coffee
Vinnies Night Patrol Van 2	Old Queanbeyan Visitors Information Centre, 1 Farrer Place, Queanbeyan	7:00pm	Sandwiches, snacks, tea, coffee
	Dickson Library, Dickson Place	8:00pm	Sandwiches, snacks, tea, coffee
Sunday			
Early Morning Centre	City Uniting Church, 69 Northbourne Avenue, City	9:00am-1:00pm	Morning tea

Vinnies Roadhouse	Griffin Centre Meeting Room 1, 20 Genge Street, City	
	3:30pm-5:30pm	Eat in or take-away meal
Vinnies Night Patrol Van 1	Belconnen Bus Interchange, Lathlain Street, Belconnen	
	7:00pm	Sandwiches, snacks, tea, coffee
	Veteran's Park, Corner of Bunda Street and Mort Street, City	
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Vinnies Night Patrol Van 2	Old Queanbeyan Visitors Information Centre, 1 Farrer Place, Queanbeyan	
	7:00pm	Sandwiches, snacks, tea, coffee
	Dickson Library, Dickson Place	
	8:00pm	Sandwiches, snacks, tea, coffee

Food Relief Services

Drop In Centres

For information on free meals, see Part 1 of this guide. For information on services other than food relief, please see the Emergency & Crisis Services Guide.

Blue Door

Phone: (02) 6234 7391

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

Email: bluedoor@vinnies-cq.org.au

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

Operating hours:

Mon-Fri 8am-1:30pm

Drop-in centre that provides support including free nutritious takeaway meals.

Early Morning Centre

Phone: (02) 6247 5041

Location: Uniting Church, 69 Northbourne Ave, Canberra City

Email: emcadmin@canberracityuca.org.au

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

Operating hours:

Community hub: Mon-Fri 9am-2pm; Sat & Sun 9am-1pm

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.

Food Vouchers

Please call before visiting to check eligibility and confirm opening hours

The following services can provide food vouchers. You may need to provide proof of identity:

Companion House, phone (02) 6251 4550

Migrant & Refugee Settlement Services (MARSS), phone: (02) 6248 8577 – must bring proof of visa status.

Prisoner's Aid, phone (02) 6257 4866 (02) 6207 2800

Salvation Army, phone: (02) 8775 7987 for an assessment interview. If eligible you will be referred to a local Salvation Army service.

St Vincent de Paul, phone: (02) 6282 2722 you will be connected with volunteers in your suburb, vouchers, hampers, or fuel vouchers will be delivered within approximately 48 hours

UnitingCare Kippax, phone: (02) 6254 1733 – on first visit, must call ahead to book an assessment interview.

Food vouchers can be used at the following pantries:

Community Services #1 Food Pantry (Narrabundah), phone 1800 960 938 -BOOKINGS ESSENTIAL

Communities at Work (Tuggeranong and Gungahlin), phone (02) 6293 6500

Holy Cross Tuckerbox (Hackett), phone 0413 751 502

The Food Pantry (Watson), phone 0435 637 876

HandUp Food Care (Canberra City Care Charnwood), phone (02) 6196 8630

The FoodHut Co-op (Belconnen), phone (02) 6253 1672

Lyons Food Corner (Lyons), phone (02) 6282 1502

Anglicare Food Fair (Queanbeyan), phone (02) 6232 9272

For more information about operating hours and locations, please see service entry below.

Central Canberra

The Junction Youth Health Service (for 12–25-year-olds)

Phone: (02) 6232 2423

Location: 30 Scott's Crossing, Canberra City

Email: junctioninfo@anglicare.com.au

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

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

The Junction can provide emergency food relief for young people aged 12 to 25. Require ID documents to confirm age eligibility.

St John's Care (Parish Centre)

Phone: (02) 6248 7771

Location: 45 Constitution Avenue, Reid

Email: admin@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

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, Thu, & Sat 4:30pm-5:30pm; Tue, Wed, & Sun 3:30pm-5:30pm; Fri 12pm-2pm

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

Northside

Communities at Work

Phone: (02) 6293 6500

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

Email: admin@commsatwork.org

Website: <https://www.commsatwork.org/>

Operating hours: Mon 12:30pm-3pm; Tue-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
- use a FoodBank card given to you by another community organisation to access food in the pantry.

FoodHut Co-op

Phone: (02) 6253 1672 – only monitored part time.

Location: NationsHeart Christian Community, 27 Rae Street, Belconnen

Operating hours: Tue (doors open 3:30 for) 4pm - 5:45pm, during school term dates

A yearly membership of \$3 is charged to cover administration costs.

Provide a mixture of free food and food to be purchased and a minimum spend of \$2.50.

HandUp Food – Canberra City Care

Phone: (02) 6196 8630

Location: Canberra City Care, 20 Cartwright Street, Charnwood

Email: reception@canberracitycare.org

Website: <https://canberracitycare.org/handup-food/>

Operating hours: Mon-Fri 10am-3pm

Free membership: simply walk in during normal opening hours and fill in an application form in person.

Holy Cross Tuckerbox

Phone: 0413 751 502

Location: Holy Cross Anglican Church, Corner of Antill Street and Phillip Avenue, Hackett

Email: tuckerbox@holycrosshackett.org.au

Contact form: <https://www.holycrosshackett.org.au/contact> (at the end of the page)

Website: <https://www.holycrosshackett.org.au/pages/tuckerbox>

Operating hours: Sat 1pm-4pm (entry numbers and registration commencing at 12:30pm)

Access to the food pantry requires an annual registration fee of \$2 per family.

Mustard Seed Uniting Food Pantry

Phone: (02) 6242 5001; (02) 6242 0515

Location: Gungahlin Uniting Church and Community Centre, 108 The Valley Avenue, Gungahlin

Email: office@gungahlinuniting.org

Website: https://www.gungahlinuniting.org/?page_id=1354

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

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. Free fruit, vegetables, and bread. Self-serve.

The Pantry

Phone: 0435 637 876

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

Email: info@ywamcanberra.org

Website: <https://www.ywamcanberra.com/>

Operating hours: Thu 10am-3pm (Office hours Mon 10:30-5:00, Tues-Fri 9:00-5:00)

Access to food pantry requires a membership, which costs \$2 per year. Talk with the service about joining The Pantry.

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

Phone: 0458 712 214

Location: UC Hub, 1 Kirinari Street, Bruce

Email: foodpantry@canberra.edu.au

Website: <https://ucx.canberra.edu.au/initiatives/ucx-food-pantry.html>

Operating hours: Tue & Thu 11am-1pm; Wed 4pm-6pm. During the semester.

Free breakfast: Tue 8am-10am, at UCX Student Lounge

Low sensory hour: Tue 1pm-2pm, access to students who may have sensory needs

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

UnitingCare Kippax

Phone: (02) 6254 1733

Location: Kippax Uniting Church, Corner of Luke Street and Hardwick Crescent, Holt

Email: info@kippax.org.au

Website: <https://kippax.org.au/emergency-relief/>

Operating hours: Mon-Fri 9am-4:30pm (excluding public holidays)

Walk-in assistance available for short-term emergency material and financial aid. The service provides food and hygiene hampers and, subject to availability and resources, can also provide grocery vouchers.

Southside

Arawang Emergency Relief

Phone: 0491 605 086

Location: Corner of Marconi Crescent and Kett Street, Kambah (entry via Kett Street)

Email: Arawang.Hub@anglicare.com.au

Website: <https://www.anglicare.com.au/services/mission-community-engagement/arawang-emergency-relief-hub/>

Operating hours: Mon 9:30am-12:30pm (closed 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.

Communities at Work

Phone: (02) 6293 6500

Location: Tuggeranong Community Centre, 245 Cowlishaw Street, Greenway

Email: admin@commsatwork.org

Website: <https://www.commsatwork.org/>

Operating hours: Mon 12:30pm-3pm; Tue-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
- use a FoodBank card given to you by another community organisation to access food in the pantry.

Care Hub – Capital Edge Church

Phone: (02) 6231 4447

Location: 16-32 Grattan Court, Wanniassa

Contact form: <https://www.capitaledgechurch.com/tuggeranong> (at the end of the page)

Website: <https://www.capitaledgechurch.com/carehub>

Operating hours: Tue & Wed 10am-4pm

Community Services #1 Food Pantry

Phone: 1800 960 938; (02) 6126 4700

Location: 63 Boolimba Crescent, Narrabundah

Email: reception@communityservices1.org

Contact form: <https://communityservices1.org/contact-us/>

Website: <https://communityservices1.org/the-food-pantry/>

Operating hours: Wed-Fri 10am-4pm

To access the Food Pantry, make an appointment by calling 1800 960 938. Need to complete an intake form. Maximum purchase \$40.

Lanyon Food Hub – YWCA

Phone: (02) 6185 2090

Location: Mura Lanyon Youth and Community Centre, 22 Sidney Nolan Street, Conder

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

Website: <https://ywca-canberra.org.au/community-service/food-hub/>

Operating hours: Mon-Fri 9am-4:30pm

Call ahead if needing access outside these times, and the service will make arrangements to the best of their ability.

The Food Hub includes a pantry-style system with a mixture of non-perishable, fresh produce, refrigerated, and frozen items.

Lanyon Pantry – Gordon Community Centre

Phone: (02) 6284 7003

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

Email: gordon@anglicare.com.au

Website: <https://www.anglicare.com.au/services/mission-community-engagement/gordon/>

Operating hours: Tue, Wed, & Fri 10am-3pm

Emergency food relief and personal care items are available to assist people experiencing hardship. No health care card or pension card required. Access to the Pantry is limited to a maximum of one visit per month.

The Little Pantry

Phone: (02) 6282 2644

Location: Woden Community Hub, Westfield Woden, Office Suite 003 (near Commonwealth Bank), Keltie Street, Phillip

Email: info@wcs.org.au

Website: <https://www.wcs.org.au/services/community-services/the-little-pantry/>

Operating hours: Mon-Fri 9am-5pm

People visiting the service can receive an emergency pack with a small number of non-perishable foods and personal items.

Walk-in service runs every Thursday from 2pm to 4pm, where you can self-serve and pick out items that you need.

Lyons Food Corner

Phone: (02) 6282 1502

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

Email: admin@lyons.org.au

Website: <https://lyons.org.au/food-corner/>

Operating hours: Mon 1:30pm-2:30pm (except during school holidays)

Annual membership to access the food pantry is \$2. Members are then able to access a range of grocery items at minimal to no cost.

The Pantry

Phone: (02) 6296 7701

Location: Awaken Church, 490 Sulwood Drive, Kambah

Email: info.canberra@awakenchurch.life

Website: <https://awakenchurch.life/missions>

Facebook: <https://www.facebook.com/thepantryCBRS>

Operating hours: Wed 9:30am-11:30am

The service provides grocery items at substantially reduced prices to assist people experiencing financial hardship. No concession card needed.

Queanbeyan

Food Fair at Anglicare Retail

Phone: (02) 6232 9272

Location: 170 Crawford Street, Queanbeyan

Contact form: <https://www.anglicare.com.au/services/housing-crisis-support/emergency-food-relief/> (at the end of the page)

Website: <https://www.anglicare.com.au/services/housing-crisis-support/emergency-food-relief/>

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 a proven low income.

Yass

Yass Vine Community FoodCare

Phone: (02) 6226 1444

Location: 66 Lead Street, Yass

Email: vinecommunityfoodcare@gmail.com

Website: https://www.yassvinechurch.com.au/yvc_23/?page_id=30

Operating hours: Thu 10am-5pm

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: 0481 614 357

Location: 14 Daniels Street, Franklin

Email: contact@helpingact.org

Website: <https://www.helpingact.org/help>

Operating hours: On request

Submit a request using the Request for Help Form (at the end of the page:

<https://www.helpingact.org/help>), and the service will contact you to arrange a time when the food can be collected.

Urgent food needs may be addressed by visiting the following pantries: Dignity and Desire women and Baby Street Pantry (37 Jabanungga Avenue, Ngunnawal); Ainslie Community Pantry (located in a disused bus stop on Majura Road near Dickson College); Ngunnawal Street Pantries (22 Bullala Court, Ngunnawal).

MARSS Australia Inc – Migrant and Refugee Settlement Services

Phone: (02) 6248 8577

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

Email: info@marss.org.au

Contact form: <https://marss.org.au/contact-us/>

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 Circuit, Canberra City

Email: info@mhub.org.au

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

Operating hours: Mon-Fri 9am-5pm

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

