

Monday

FREE GROCERY, FRUIT & BREAD

6:15pm

St John Bosco Church

Cnr Waratah Rd & Banksia Ave, ENGADINE

MOBILE COMMUNITY PANTRY

1.30pm to 2.30pm

St John's Sutherland Hall

43a Belmont St, SUTHERLAND

Every 2nd Monday-from 29/1/24

\$12 per bag of food. Fill up to 2. Cash or EFTPOS.

Ph: 9521 4314

Tuesday

TEA ON TUESDAY

10am-11am

Orana Sutherland

Morning Tea & Games

Stapleton Ave Community Centre in Hall 1

3a Stapleton Ave SUTHERLAND

Ph: 9521 8280

FREE DINNER AND HAMPERS

5pm - 6pm

One Meal Sutherland Shire @ Salvos

23 Kiora Rd, MIRANDA

www.onemeal.org.au

FOOD PANTRY

1pm -3:30pm

Hopefield

9-11 Gosport St Cronulla

Please ring office to make appointment

9545 0299

Wednesday

FREE MORNING TEA & LUNCH 10am – 12:30pm

Lunch served between 12pm -12:15pm

Free Snacks, Lunch, Groceries and Second Hand Clothes

New Beginnings Uniting Church

2/4 Gosport St, CRONULLA

FREE FRUIT AND VEG 10am

Until supplies exhausted.

Orana Sutherland

3a Stapleton Ave SUTHERLAND

Ph: 9521 8280

FREE PRODUCE / BREAD & GROCERY 1pm - 4pm

Southside Care

All welcome - bring your own bags

Ph: 9522 4300

10 Kiama St, MIRANDA (bottom of driveway)

FOOD PANTRY 1pm -3:30pm

Hopefield

9-11 Gosport St Cronulla

Please ring office to make appointment

9545 0299

FREE DINNER 6.30pm-7.30pm

One Meal Sutherland Shire @ Engadine

1040 Old princes Highway

Thursday**FRUIT/VEG/BREAD/LOW COST GROCERIES****10am -11.30am****Caringbah Seventh-day Adventist Church**

214 Willarong Rd, CARINGBAH

Ph: 0422115747

FREE FRUIT AND VEG

10am until supplies exhausted.

Orana Sutherland

3a Stapleton Ave SUTHERLAND

Ph: 9521 8280

FREE FRUIT AND VEG HAMPER

3pm - Salvation Army, Miranda

23 Kiora Road, Miranda

Tel: 9542 9500

LOW COST FOOD & GROCERY/FRUIT/ BREAD**5pm -7pm****Urban Food Care (Menai Church, next to Vulcan Gym)**

Includes free BBQ dinner

Ph: 9532 1622/0405 909922

Unit 13/800-812 Old Illawarra Rd, MENAI

FREE DINNER**5pm****One Meal Sutherland Shire**

9- 11 Gosport St, CRONULLA

Friday**LOW COST FOOD & GROCERY/FRUIT/ BREAD****9.30am - 11.30am****Urban Food Care (Menai Church, next to Vulcan Gym)**

Unit 13/800-812 Old Illawarra Rd, MENAI

Ph: 9532 1622/0405 909 922

Includes free morning tea

FREE FRIDAY LUNCH**12pm - 1pm****Orana Sutherland**

Stapleton Ave Community Centre in Hall 2

3a Stapleton Ave SUTHERLAND

Sunday**FREE MEAL****4pm to 5pm****One Meal Sutherland Shire**

Sutherland Multi Purpose Centre

123 Flora St SUTHERLAND

**This list is updated by Orana.
It will be updated every few months.
Please email admin@oranansw.org.au
for any changes/updates.**