



For Cumberland LGA Residents

Description of what is available	Cost	Who is eligible?	How can I use the service?	Organisational Contact details
<b>Home Delivery</b>				
<b>Commercial Suppliers</b>				
Fresh food and supermarket products.	Market price	Everyone	<b>Home delivery.</b> Order online	<b>Coles online:</b> <a href="https://shop.coles.com.au/">https://shop.coles.com.au/</a>
Fresh food and supermarket products.	Market price	Everyone	<b>Home delivery.</b> Order online	<b>Woolworth online:</b> <a href="https://www.woolworths.com.au/">https://www.woolworths.com.au/</a>
<b>Government Supplies for those in home isolation</b>				
Grocery pack (non-perishable food items)	Free	Residents in home isolation, due to a Public Health Order. Only available to those who cannot place an online order with a supermarket AND do not have someone who can deliver groceries to them.	<b>Home delivery.</b> Organised by NSW Health and Resilience NSW	<b>Resilience NSW</b> Will be referred by the Public Health Unit.
<b>Local Providers</b>				
Food parcel and food vouchers	Free	Assessment made over the phone.	<b>Home delivery.</b> Phone 1300 111 278, to check eligibility and to organise. Monday to Friday, 9am – 5pm.	<b>Anglicare</b> <a href="https://www.anglicare.org.au/">https://www.anglicare.org.au/</a> Due to COVID, most Mobile Community Pantry Van locations and Op Shops are not open.
Food hamper	Free	In need of food support.	<b>Home delivery (to all WSLHD LGAs)</b> Go to: <a href="#">Crisis Help for COVID-19</a> and complete the assistance application form for meals & groceries.	<b>Turbans 4 Australia</b> <a href="https://www.t4a.org.au/">https://www.t4a.org.au/</a> E: <a href="mailto:turbans4australia@gmail.com">turbans4australia@gmail.com</a>
Home delivered meals: frozen, delivered weekly.	Direct debit payment	Seniors and people with a disability.	<b>CUMBERLAND LGA</b>	<b>Cumberland City Council</b> <a href="http://www.cumberland.nsw.gov.au/where-get-emergency-help">http://www.cumberland.nsw.gov.au/where-get-emergency-help</a>
Shopping assistance:	\$12 Direct debit payment	Residents isolated and unable to access online shopping.	Service is available once a fortnight.	
Food voucher		Live in Auburn, Lidcombe, Berala or Regents Park. Centrelink or bank statement and proof of identity, plus details about hardship.	<b>Phone service only.</b> To make an appointment Phone: 8837 5500 or Email <a href="mailto:amadu@adsi.org.au">amadu@adsi.org.au</a> or <a href="mailto:alison@adsi.org.au">alison@adsi.org.au</a>	<b>ADSI – Accessible Diversity Services Initiative</b> <a href="http://www.adsi.org.au/">http://www.adsi.org.au/</a>

# FOOD SUPPORT SERVICES FOR Western Sydney (Blacktown, Cumberland, Parramatta, and The Hills LGA) during COVID-19 Lockdown



Description of what is available	Cost	Who is eligible?	How can I use the service?	Organisational Contact details
Food voucher		Cumberland LGA (and Parramatta LGA) residents. Assessment over the phone.	<b>Phone service only.</b> Call 9637 7600 Monday to Thursday 9:30 – 4:30 & Friday 9:30 – 12:30	<b>Cumberland Multicultural Community Centre (CMCS)</b> <a href="http://www.cmcs.org.au">www.cmcs.org.au</a> The service is currently closed.
Food support	Free	Asylum seekers.	<b>Phone service only.</b> The Office is currently closed, for assistance contact: P: 9727 9290 or Email: <a href="mailto:office@houseofwelcome.com.au">office@houseofwelcome.com.au</a>	<b>House of Welcome - Refugee Social Enterprise</b> <a href="https://www.stfrancis.org.au/house-of-welcome/contact-us">https://www.stfrancis.org.au/house-of-welcome/contact-us</a>
Food voucher		Refugees, Asylum Seekers and Temporary Visa Holders.	<b>Phone service only.</b> P: 9098 9336. Assistance provided following an assessment with the case work team.	<b>Jesuit Refugee Service (JRS)</b> <a href="https://aus.jrs.net/en/about-jrs-australia/covid-19/">https://aus.jrs.net/en/about-jrs-australia/covid-19/</a>
Food voucher		Assessment made over the phone.	<b>Phone service only</b> Call 1300 371 288 or 13 72 58, for food support.	<b>Salvation Army</b> All Salvo Support Centres are closed; services are provided by phone only.
Food voucher		Assessment made over the phone.	<b>Phone service only.</b> Call 13 18 12, press Option 4 for Food Vouchers. The Food Vouchers will be either emailed or delivered to the home by a volunteer.	<b>St Vincent de Paul</b> All Vinnies Support Centres are closed; services are provided by phone only. <a href="mailto:auburnvsc@vinnies.org.au">auburnvsc@vinnies.org.au</a>
Food voucher		Assessment made over the phone.	<b>Online / Phone service only</b> Complete the online Wesley Emergency Relief form found, <a href="#">here</a> . Once submitted, a team member will contact you within three business days to discuss your enquiry. For urgent support, please email <a href="mailto:emergencyrelief@wesleymission.org.au">emergencyrelief@wesleymission.org.au</a> If you do not have access to a computer, contact: P: 9263 5555	<b>Wesley Mission</b> Emergency Relief program. Wesley Connect Centres are closed. Due to COVID-19, the Emergency Relief team has launched a new online submission form to help respond to the high volume of enquiries they are receiving.
<b>Collection at Site – Food Items &amp; Meals</b>			<b>Sites listed alphabetically by suburb</b>	
Fresh food pantry.	Affordable cost.	Unemployed, or those with a Health Care, Pension or Seniors Card.	<b>AUBURN</b> 98 Auburn Road Every Tuesday and Thursday 12 – 2.30pm	<b>Western Sydney Community Centre</b> P: 9649 2063 E: <a href="mailto:admin@wscci.org.au">admin@wscci.org.au</a> W: <a href="http://wscci.org.au">wscci.org.au</a>
Emergency food packages. Woolworth's food vouchers.	Free	Seniors, people with a disability or those unemployed.	<b>AUBURN</b> 1b, Melissa St, Auburn	<b>Islamic Dawah Centre:</b> P: 9738 7700 or <a href="mailto:admin@idca.org.au">admin@idca.org.au</a> <b>Al-Ihsan Foundation:</b> P: 1300 998 444 or <a href="mailto:admin@alihsan.org.au">admin@alihsan.org.au</a>
Mobile Community Pantry Van	\$2 fresh food / \$10 groceries	Healthcare, Pension or Concession card.	<b>GRANVILLE</b> Anglican Church, 39 Jamieson St Every 2 <sup>nd</sup> Friday 11.30am to 12.30pm Phone to confirm 96371073	<b>Anglicare</b> <a href="https://www.anglicare.org.au/">https://www.anglicare.org.au/</a> Due to COVID, most Mobile Community Pantry Van locations and Op Shops are not open.
Food parcel	Free	In need of food support.	<b>GRANVILLE</b>	<b>OzHarvest</b>

# FOOD SUPPORT SERVICES FOR Western Sydney (Blacktown, Cumberland, Parramatta, and The Hills LGA) during COVID-19 Lockdown



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			Pop-up Hamper Hub 3-5 Bridge Street, Granville. From 11am to 2pm every Thursday until 30 Sept.	P: 1800 108 006 / 0412 595 896 <a href="mailto:reception@ozharvest.org">reception@ozharvest.org</a>
Food parcel	Free	In need of food support.	<b>GRANVILLE</b> Oz Harvest Hamper Hub Granville Centre, 1, Memorial Drive, Granville Collect a Hamper from the Centre 9am-5pm. To arrange a weekly home delivery, complete <a href="#">this FORM</a>	<b>OzHarvest</b> As above. <b>Granville Centre</b> P: 8757 9027
Care Kits (2 to 3 weeks of groceries).	Free	International students.	<b>HOMEBUSH</b> Contact <a href="https://hinducouncil.com.au/new/contact-us/">https://hinducouncil.com.au/new/contact-us/</a>	<b>Hindu Council</b>
Grocery pack	Gold coin donation	Young people 12-24	<b>LIDCOMBE</b> A booking is required to secure a Grocery Pack. To book P: 9646 2122 or Text 0491 059 971 Food pickup on Fridays by appointment.	<b>Auburn Youth Centre</b> <a href="https://www.ayc.org.au/">https://www.ayc.org.au/</a> Wyatt Park, Church Street, Lidcombe
Food parcel and some toiletries.	Free	Young people and families.	<b>MERRYLANDS</b> 289 Merrylands Road, Merrylands 2160 Thursdays only collection.	<b>Merrylands Youth Service</b> <b>Phone:</b> (02) 9637 1535 <b>Manager Mobile:</b> 0435 775 299 <b>Youth Worker Mobile:</b> 0417 487 823 <b>Email:</b> <a href="mailto:info@merrylandsyouthcentre.org.au">info@merrylandsyouthcentre.org.au</a>
Food parcel and Woolworths essential items vouchers	Free	In need of food support.	<b>PENDLE HILL</b> Cnr Dunmore Street and Pendle Way People must ring and book in. Collection Mondays and Wednesdays 12-2pm	<b>Pathways Community:</b> P: 9636 7400
Care packs	Free	Newly arrived migrants and refugees.	<b>REGENTS PARK</b> 1, Bellona Ave, Regents Park Every Friday	<b>Australian Afghan Hassanian Youth Assoc.</b> Available by phone 8am – 8pm, 0421 567 397 <a href="http://aahyas.org.au/">http://aahyas.org.au/</a> The Muhammad Rasullah S.A.W.W. Islamic Centre P: 9738 7460 E: <a href="mailto:Karimi.aahya@gmail.com">Karimi.aahya@gmail.com</a>
Food parcel	Free	In need of food support.	<b>SILVERWATER</b> 108 Silverwater Road, Silverwater Service only available with prior booking Email <a href="mailto:C3cares@C3syd.church">C3cares@C3syd.church</a> to check eligibility Pick up only every Wednesday, 10.30am - 12.30pm	<b>C3 Cares</b> Silverwater 9972 8688 E: <a href="mailto:C3cares@C3syd.church">C3cares@C3syd.church</a> <a href="https://www.c3cares.com.au/silverwater">https://www.c3cares.com.au/silverwater</a>



For Parramatta LGA Residents

Description of what is available	Cost	Who is eligible?	How can I use the service?	Organisational Contact details
<b>Home Delivery</b>				
<b>Commercial Suppliers</b>				
Fresh food and supermarket products.	Market price	Everyone	<b>Home delivery.</b> Order online	<b>Coles online:</b> <a href="https://shop.coles.com.au/">https://shop.coles.com.au/</a>
Fresh food and supermarket products.	Market price	Everyone	<b>Home delivery.</b> Order online	<b>Woolworth online:</b> <a href="https://www.woolworths.com.au/">https://www.woolworths.com.au/</a>
<b>Government Supplies for those in home isolation</b>				
Grocery pack (non-perishable food items)	Free	Residents in home isolation, due to a Public Health Order. Only available to those who cannot place an online order with a supermarket AND do not have someone who can deliver groceries to them.	<b>Home delivery.</b> Organised by NSW Health and Resilience NSW	<b>Resilience NSW</b> Will be referred by the Public Health Unit.
<b>Local Providers</b>				
Food parcel and food vouchers	Free	Assessment made over the phone.	<b>Home delivery.</b> Phone 1300 111 278, to check eligibility and to organise. Monday to Friday, 9am – 5pm.	<b>Anglicare</b> <a href="https://www.anglicare.org.au/">https://www.anglicare.org.au/</a> Due to COVID, most Mobile Community Pantry Van locations and Op Shops are not open.
Food Hamper	Free	In need of food support.	<b>Home delivery (to all WSLHD LGAs)</b> Go to: <a href="#">Crisis Help for COVID-19</a> and complete the assistance application form for meals & groceries.	<b>Turbans 4 Australia</b> <a href="https://www.t4a.org.au/">https://www.t4a.org.au/</a> E: <a href="mailto:turbans4australia@gmail.com">turbans4australia@gmail.com</a>
Frozen meals.	Meals plus delivery \$6.	Receive NDIS or been assessed by My Aged Care.	<b>Home delivery</b> Parramatta LGA <a href="#">Meals on Wheels</a>	<b>City of Parramatta Council</b> <b>Food Services</b>
Food voucher		Residents living in Parramatta LGA (Blacktown and The Hills). Service will determine eligibility.	<b>Online / phone service only.</b> Assessments will be made over the phone and vouchers emailed. P: 9639 8620 Mon-Fri 9.30am – 2.30pm	<b>Hills Community Aid &amp; Information Service</b> Office Closed <a href="http://www.hca.org.au">www.hca.org.au</a>
Food voucher		Refugees, Asylum Seekers and Temporary Visa Holders.	<b>Phone service only.</b> P: 9098 9336. Assistance provided following an assessment with the case work team.	<b>Jesuit Refugee Service (JRS)</b> <a href="https://aus.jrs.net/en/about-jrs-australia/covid-19/">https://aus.jrs.net/en/about-jrs-australia/covid-19/</a>
Food voucher		Assessment made over the phone.	<b>Phone service only.</b> Call 1300 371 288 or 13 72 58, for food support.	<b>Salvation Army</b> All Salvo Support Centres are closed; services are

# FOOD SUPPORT SERVICES FOR Western Sydney (Blacktown, Cumberland, Parramatta, and The Hills LGA) during COVID-19 Lockdown



Description of what is available	Cost	Who is eligible?	How can I use the service?	Organisational Contact details
				provided by phone only.
Food voucher		Assessment made over the phone.	<b>Phone service only</b> <b>Home delivery if required.</b> Call 13 18 12, press Option 4 for Food Vouchers. The Food Vouchers will be either emailed or delivered to the home by a volunteer.	<b>St Vincent de Paul</b> All Vinnies Support Centres are closed; services are provided by phone only.
Food voucher		Assessment made over the phone.	<b>Online / Phone service only.</b> Complete the online Wesley Emergency Relief form found, <a href="#">here</a> . Once submitted, a team member will contact you within three business days to discuss your enquiry. For urgent support, please email <a href="mailto:emergencyrelief@wesleymission.org.au">emergencyrelief@wesleymission.org.au</a> If you do not have access to a computer, contact: P: 9263 5555	<b>Wesley Mission.</b> Emergency Relief program. Wesley Connect Centres are closed. Due to COVID-19, the Emergency Relief team has launched a new online submission form to help respond to the high volume of enquiries they are receiving
<b>Collection at Site – Food Items &amp; Meals</b>			<b>Sites listed alphabetically by suburb</b>	
Food parcel (weekly)	Gold coin donation.	Those in need.	<b>CONSTITUTION HILL</b> Services provided only with prior booking. P: 9631 7055 Karabi Neighbourhood Cottage, 1 Lurgan St. Weekly food parcels (Mon) Monthly food pack (Wed)	<b>Karabi Community Services</b>
Larger food pack (monthly): maximum 4 bags of staple foods. Pantry items, some fresh food, meat, and chicken.	\$25, payable in advance.			
Food parcel	Free	Those in need.	<b>HARRIS PARK</b> 11, Albion St Pick up Tuesday weekly, by appointment.	<b>Harris Park Community Centre</b> Call 9635 0157 E: <a href="mailto:manager@hpcc.org.au">manager@hpcc.org.au</a>
Fresh food and groceries	Small fee.	Centrelink card holder.	<b>NORTH PARRAMATTA</b> 18 Barney St, By appointment only	<b>Parramatta Community Food Care</b> Church office on <a href="tel:96303892">9630 3892</a> , or <a href="mailto:">email</a> . <a href="http://pcc.org.au/home/care">http://pcc.org.au/home/care</a>
Breakfast and lunch (takeaway) Emergency food bags	Free		<b>PARRAMATTA</b> 113, Level 1, Macquarie St. Breakfast & Lunch (Take Away Only) Mon- Fri 8am – 12pm Food Bags: Mon-Fri, 1-3pm, back office	<b>Parramatta Mission</b> <a href="https://www.parramattamission.org.au/">https://www.parramattamission.org.au/</a> P: 0400 415 984 / 9891 2277
Meal /snack and beverage	Free	In need of food support.	<b>PARRAMATTA</b> – Prince Alfred Square, 353d Church St. Monday 3.45 - 5.15pm	<b>Jesus Cares 4 U</b>

## FOOD SUPPORT SERVICES FOR Western Sydney (Blacktown, Cumberland, Parramatta, and The Hills LGA) during COVID-19 Lockdown



Description of what is available	Cost	Who is eligible?	How can I use the service?	Organisational Contact details
Meal /snack and beverage	Free	In need of food support.	<b>PARRAMATTA</b> – Prince Alfred Square, 353d Church St. Monday and Thursday 6-9pm	<b>StreetMed Inc</b>
Meal /snack and beverage	Free	In need of food support.	<b>PARRAMATTA</b> – Prince Alfred Square, 353d Church St. Tuesday 5-6.30pm	<b>Helping Homeless of Australia</b>
Meal /snack and beverage	Free	In need of food support.	<b>PARRAMATTA</b> – Prince Alfred Square, 353d Church St. Wednesday 6-7pm & Sunday 12pm-2pm	<b>Stepping Stone / Pathways Community Care</b>
Meal /snack and beverage	Free	In need of food support.	<b>PARRAMATTA</b> – Prince Alfred Square, 353d Church St. Saturday 4-7pm	<b>Shrimad Rajchandra Mission Dharampur Sydney Centre</b>
Meal /snack and beverage	Free	In need of food support.	<b>PARRAMATTA</b> – Prince Alfred Square, 353d Church St. Sunday 8.30-11.30am	<b>Society for Immortal Research</b>
Snack and beverage	Free	For those experiencing homelessness and social isolation	<b>PARRAMATTA</b> Prince Alfred Square, 353d Church St. <a href="#">Vinnies Van</a> Operates Tues., Thur., Sat. & Sun. 9.30pm-10pm.	<b>St Vincent de Paul</b> <a href="https://www.vinnies.org.au/">https://www.vinnies.org.au/</a>
Food parcel (weekly)	Gold coin donation.	Those in need.	<b>WENTWORTHVILLE</b> Services provided only with prior booking. P: 9631 6575 Cnr. Fyall Av & Darcy Rd. Weekly food parcels (Mon) Monthly food pack (Wed)	<b>Karabi Community Services</b>
Larger food pack (monthly): maximum 4 bags of staple foods. Pantry items, some fresh food, meat, and chicken.	\$25, payable in advance.			