

## EMERGENCY RELIEF SERVICES

### Capital Healing Rooms

6162 1977

**Mon 7-9pm, Tue & Fri 10am-2pm, Sat 10am-12pm.** Unit 1F/ 169 Newcastle St, Fyshwick. Food parcels. Must phone ahead.

### Salvos Assessment Line

1300 371 288

**Mon-Fri 9am-5pm.** Crisis assistance & case management referral.

### Adra (emergency food parcels)

0451 573 890

**Mon-Thu 10am-4pm, Fri 10am-2pm.** 2/14 Lonsdale St, Braddon.

### Kippax Uniting Care

6254 1733

**Mon-Fri 9am-5pm.** Cnr Luke St & Hardwick Cres, Holt. Food hampers, community education, health support, referrals. Ring for appointment.

### St John's Care (Parish Centre)

6248 7771

**Mon-Fri 9:30am-2pm.** Constitution Ave, Reid. Crisis support, emergency food, clothing, counselling referrals.

### St. Vincent de Paul Society

6282 2722

**Mon-Fri 9am-5pm.** Ring to arrange a home visit and emergency food packages, clothing and other material aid.

### Migrant and Refugee Settlement Services (MARSS)

6248 8577

**Mon-Fri 9am-5pm.** For eligible migrants and refugees only. Theo Notaras Multi Cultural Centre, Lvl 2, 180 London Cct.

**Companion House** 6251 4550 (Phone for times for emergency relief help).

**Mon-Fri 9am-5pm.** For eligible asylum seekers and refugees only. 41 Templeton St Cook.

### Lanyon Pantry (Emergency food service)

6294 9756

**Tue, Wed & Fri 10am-5pm.** Gordon Community Centre, 110 Lewis Luxton Ave, Gordon.

### Anglicare Emergency Relief Queanbeyan

6232 9272

**Wed-Fri 9am-5pm.** 170 Crawford St, Queanbeyan. Food, clothing, bedding, household items.

## CANBERRA & YASS FOOD CO-OPS & PANTRIES

### ACT Foodbank Voucher System

**Where to get Foodbank vouchers:** St Vincent de Paul, UnitingCare Kippax, Companion House, St John's Care, Red Cross Migration Support Programs, Throughcare.

**Where vouchers can be used:** Communities@Work Community pantries, Pantry on Southside (Community Service #1), Holy Cross Tuckerbox Hackett, The Pantry (Youth with a Mission) Watson, Helping Hand Pantry St Paul's Spence, HandUp Food Care Charnwood, the FoodHut Coop Rae St Belconnen, Anglicare Food Fair, Lyons Food Corner.

### NORTHSIDE

#### Holy Cross Tuckerbox

6248 5327 / 0413 751 502

**Sat 2-4pm** Holy Cross Anglican Church, Cnr of Phillip Ave & Anthill St, Hackett. Variety of food (milk, fruit & vegetables when available at a low cost). Bring your own bag. Annual membership fee of \$2 per family. [www.holycrosshackett.org.au](http://www.holycrosshackett.org.au)

#### The Pantry – ARMS, Australian Relief & Mercy Services Ltd

0419 017 552

**Thu 10am-3pm.** Youth with a mission, 76 Federal Highway, Cnr Zelling St Watson. A limited range of products is available on a weekly basis/ fresh, frozen and packaged food, drinks, cleaning products and toiletries.

#### The Mustard Seed Uniting Food Pantry

6242 5001

**Thu 11am-1pm & 6pm-7pm.** Gungahlin Uniting Church & Community Centre 108 The Valley Ave Gungahlin. Quality foods available. Self-serve and small donation by weight of food chosen.

#### Communities@Work Social Program-Community Pantries

6293 6500

**Mon-Fri 9am-3pm.** Gungahlin Community Centre, 47 Ernest Cavanagh St Gungahlin. Email: [admin@commsatwork.org](mailto:admin@commsatwork.org) Groceries (non-perishables, vegetables, fruit, bread) and essential items available. Free of charge or for a nominal fee. Also available: support, referral, advocacy, free clothing for job interviews etc.

### BELCONNEN

#### The FoodHut Co-op

6253 1672

Nations Heart Christian Community, 27 Rae St Belconnen. **Tue 4-5:15pm** then Belco Kitchen meal **5:15-5:45pm**, Co-op open again **5:45-6:15pm**,

**Thu 2:30-4:15pm.** Wide range of grocery items available at minimal cost. A donation is requested to cover freight costs. Annual membership \$3 (to cover admin costs). [www.nationsheart.org.au](http://www.nationsheart.org.au)

#### Helping Hand Food Pantry

0428 907 200

**Thu & Fri 11:30am-1pm.** St Paul's provides food on an 'as available' basis. Cost of Membership: \$2. St Paul's Ginninderra Anglican Church Spence, Mt Rogers Community Centre, Curly St Spence.

Email: [stpaulsspence@iinet.net.au](mailto:stpaulsspence@iinet.net.au) or visit [www.stpaulsginninderra.org.au](http://www.stpaulsginninderra.org.au)

**HandUp Food Care** **6178 1050**

**Tue-Fri 10am-12 noon & 1-4pm.** 20 Cartwright St Charnwood. A service of Canberra City Care. Groceries (fresh, frozen, packaged), essential toiletries, budgeting planning assistance. Annual membership \$4. Harvest swop or shop stall open Thursday afternoons.

**SOUTHSIDE**

**Community Services #1 Pantry** **6126 4700**

**Wed or Thur between 10am-4pm.** Phone to make an appointment. Available for individuals and families. Can access through Case or Program managers. Donations appreciated. Southside Community Service, 63 Boolimbah Cres Narrabundah. Email: [admin@communityservices1.org](mailto:admin@communityservices1.org)

**The Little Pantry/Woden Community Service** **6282 2644**

**Thur 9::30am-1pm.** Can access a small number of non-perishable foods & personal items (once a fortnight). 26 Corinna St Woden (across the road from Woden Library & behind discount Chemist) Website: [www.wcs.org.au](http://www.wcs.org.au)

**Lyons Food Corner** **6282 1502**

**Mon 1:30-2:30pm.** A range of grocery items available. Annual membership \$2. Lyons Church of Christ, 2 Marawah St Lyons.

**Communities@Work Social Program-Community Pantries** **6293 6500**

**Mon-Fri 9am-3pm.** Tuggeranong Community Centre 245 Cowlshaw St Greenway. Email: [admin@commsatwork.org](mailto:admin@commsatwork.org) Groceries (non-perishables, vegetables, fruit, bread) and essential items available. Free of charge or for a nominal fee. Also available: support, referral, advocacy, free clothing for job interviews etc.

**Lanyon Food Hub** **6294 4633**

**Thu 9:30am-2pm.** For those in the Lanyon area. Can access once a fortnight. Lanyon Youth & Community centre, Sydney Nolan St Conder.

**Anglicare Food Fair Queanbeyan** **6232 9272**

**Thu & Fri 10am-12pm & 1-3pm.** Groceries, fruit, vegetables & meat (per-kilo). Annual Membership \$2. 114-120 Monaro St, Queanbeyan (in Bargain Hunter store) Email: [food.fair@anglicare.com.au](mailto:food.fair@anglicare.com.au)

**Yass Vine Church Community Foodcare** **6226 1444**

**Thu 10am-12pm & 6-7:30pm.** Affordable groceries, free bread, fruit & veg. Available to Centrelink concession card holders. 66 Lead St, Yass.

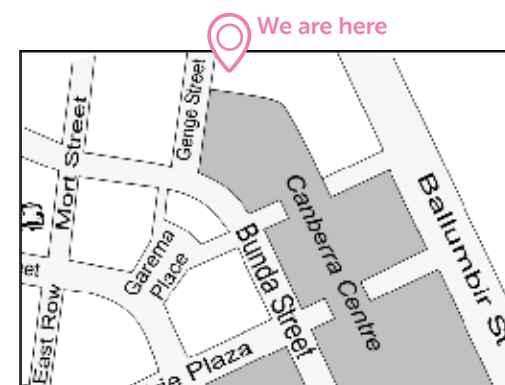
## VOLUNTEERING *and* CONTACT ACT

# Emergency Relief, Food Co-ops & Pantries Guide

This guide provides helpful information on emergency relief and low cost food assistance for people experiencing financial hardship.

This guide is proudly brought to you by  
Volunteering and Contact ACT.

Visit us at the **Contact Office; Canberra's Community Info Hub**,  
or visit the website [actcommunitydirectory.com.au](http://actcommunitydirectory.com.au)



**Griffin Centre, 20 Genge St, Canberra**

**Open Monday-Friday, 9am-5pm**