

Canberra & Yass Food Co-ops/Pantries

Assistance with low cost food - for those struggling & with genuine financial need.

N.B. ACT Foodbank voucher system: To obtain vouchers to use at ACT Food Co-ops.

Emergency Relief agencies providing Foodbank vouchers -St Vincent de Paul, Salvation Army ACT, UnitingCare Kippax, Companion House, Anglicare Food Fair Queanbeyan.

Emergency Relief products available through Foodbank Agencies (where vouchers can be redeemed):

Communities@Work Community pantries, Pantry on Southside (Southside Community Service), Holy CrossTuckerbox 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 (see listing below).

Northside

Holy Cross Tuckerbox.

Location: Holy Cross Anglican Church, Cnr of Phillip Ave & Anthill St, Hackett

Phone: 6248 5327 /**Direct:** 0413751 502 **Website:** www.holycrosshackett.org.au /**Open:** Sat 2-4pm

The Tuckerbox aims to help anyone struggling to balance their budget. Bread and groceries available-milk, fruit and vegetables when available. This is a not for profit service and as a contribution a small service fee is requested. Bring your own bag.

The Pantry – ARMS, Australian Relief & Mercy Services Ltd

Location: Youth with a mission, 76 Federal Highway, Cnr Zelling St Watson.

Phone: Need Info call Leonie 0419 017 552 /**Open:** Every Thursday 10am-3pm

The Pantry is a small community food outlet in the inner North of Canberra – a service for all who have a genuine financial need/this could be a short term financial crisis or an ongoing need. A limited range of products is available on a weekly basis/fresh, frozen and packaged food, drinks, treats for school lunch boxes, a few cleaning products and toiletries.

The Mustard Seed Uniting Food Pantry

Location: Gungahlin Uniting Church & Community Centre 108 The Valley Ave Gungahlin

Phone: 6242 5001 / **Open:** Every Thursday 11am-1pm & 6pm-7pm. Quality foods available for those that need a hand. Self-serve and donation by weight of food chosen.

Belconnen area & West Belconnen

The FoodHut Co-op

Location: NationsHeart Christian Community 27 Rae St Belconnen.

Phone: 6253 1672 **Website:** nationsheart.org.au /**Open:** Tue 4:30-5:15 then Belco Kitchen meal 5:15-5:45pm/Co-op open again 5:45-6:15pm), Thu 2:30-4:15pm, The FoodHut Co-op is an outlet for Foodbank NSW and is available to anyone in need or on a limited income. A donation is requested for the goods in order to cover freight costs.

Annual membership of \$3 is charged to cover administration costs. Members are able to access a wide range of grocery items at minimal cost. The Co-op is run by volunteers.

Helping Hand Food PANTRY

Location: St Pauls Ginninderra Anglican Church Spence, Mt Rogers Community Centre,

Curly St Spence. **Phone:** 0428 907 200 **Email:** stpaulsspence@iinet.net.au **Website:**

www.stpaulsginninderra.org.au /**Open:** Thu 11:30am-1pm, Fri 11:30am-1pm. Helping Hand is a not-for-profit service and provides support and assistance with low cost food to people finding it difficult to make ends meet. St Paul's provides food on an 'as available' basis/ Cost of Membership: \$2.

Hand up Food Care

Location: 20 Cartwright St Charnwood. A service of Canberra City Care /Ph: 6178 1050

Open: Tue-Fri 10am-12 noon and 1-4pm. HandUp is a food care service offered by Canberra City Care, a non-profit organisation developed to help meet the needs of people struggling financially, whilst preserving their dignity. The service provides practical assistance to people in genuine need. Fresh, frozen and packaged food, treats for school lunch boxes, other groceries and essential toiletries, budgeting planning assistance. Cost of membership \$4 per year.

SOUTHSIDE

Community Services #1 Pantry

Location: Southside Community Service 63 Boolimbah Cres Narrabundah /Ph: 6126 4700 / Email: admin@communityservices1.org /Phone to make an appointment on Wednesday or Thursday between 10am-4pm / Available for individuals & families in need/Can access through Case or Program managers. Donations 50 cents-\$3 appreciated.

The Little Pantry/Woden Community Service

Location: 26 Corinna St Woden (across the road from Woden Library & behind discount Chemist)/Ph: 6282 2644/ **Open:** 9:30am-1pm Thursdays. Website: www.wcs.org.au

You can visit us once a fortnight & choose a small number of non-perishable foods & personal items.

Lyons Food Corner

Location: Lyons Church of Christ 2 Marrawah St Lyons /Phone: 6282 1502/**Open:** Mon 1:30 – 2:30pm Available to anyone in need or on a limited income. Donation requested to cover freight costs. Annual membership \$2. Members able to access a range of grocery items.

Communities@Work Social Program-Community Pantries

Locations: Tuggeranong Community Centre 245 Cowlshaw St Greenway & Gungahlin Community Centre 47 Ernest Cavanagh St Gungahlin/ Ph: 6293 6500

Email: admin@commsatwork.org

Both Open: Mon-Fri 9am-3pm. Community Pantry offers perishable and non-perishable food including vegetables, fruit, bread and essential items to individuals and families who are experiencing need in the community/free of charge or for a nominal fee in a safe, secure and dignified environment. Clients can also access the program for support, referral and advocacy as well as free clothing, shoes & accessories for job interviews special events etc.

Lanyon Food Hub

Location: Lanyon Youth & Community centre, Sydney Nolan St Conder /Ph: 6294 4633

Open: Thursdays only 9:30am-1:30pm. For those in need of food in the Lanyon area – can access once a fortnight.

Anglicare Food Fair Queanbeyan

Location: 114-120 Monaro St, Queanbeyan/in Bargain Hunter store / Ph: 6232 9272 / E: food.fair@anglicare.com.au

Open: Thu & Fri 10am-12pm & 1-3pm. For vulnerable families & those in community struggling to make ends meet. Groceries, fruit, vegetables & meat (per-kilo rate). Annual Membership \$2.

Yass

Location: Yass Vine Church Community FoodCare 66 Lead St/Ph: 6226 1444 **Open:** Thu 10am-12:30pm. Affordable groceries, free bread, fruit & veg/ Available to Centrelink concession card holders.