

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-4pm. 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.

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 Bargain Hunter Emergency Relief Queanbeyan

6232 9272

Wed-Fri. 114-120 Monaro 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. Bread & groceries (milk, fruit & vegetables when available). A small service fee is requested. Bring your own bag. 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 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 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

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 or visit 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

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

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 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

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.

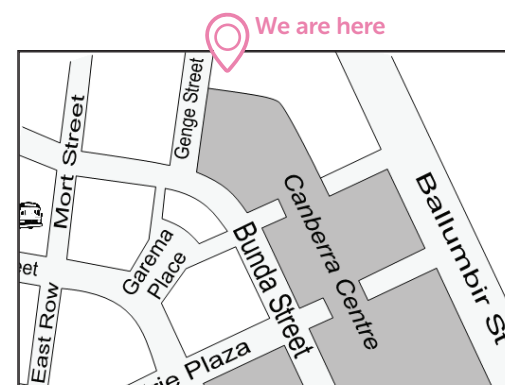
VOLUNTEERING *and* CONTACT ACT

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



Griffin Centre, 20 Genge St, Canberra
Open Monday-Friday, 9am-5pm