

## EMERGENCY RELIEF SERVICES

### Adventist Development & Relief Agency

**0451 573 890, Mon-Thu 10am-4pm, Fri 10am-2pm. Every 1st, 3rd and 5th Sunday of the month. 10:30am-3pm.** 2/14 Lonsdale St, Braddon.  
Emergency food parcels.

### Anglicare Emergency Relief Queanbeyan

**6232 9272, Wed-Fri 9am-5pm.** 170 Crawford St, Queanbeyan. Food, clothing, bedding, household items.

### 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.

### Companion House

**6251 4550, Mon-Fri 9am-5pm.** 41 Templeton St, Cook. For eligible asylum seekers and refugees only.

### 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.

### Lanyon Community Pantry

**6294 9756/ 6284 7003, Tue, Wed & Fri 10am-4pm, closed 1pm-2pm.**  
Gordon Community Centre, 110 Lewis Luxton Ave, Gordon. Email: gordon@anglicare.com.au. Emergency food store.

### Migrant and Refugee Settlement Services (MARSS)

**6248 8577, Mon-Fri 9am-5pm.** For eligible migrants and refugees only. Theo Notaras Multi Cultural Centre, Level 2, 180 London Cct. Bus, food and Telstra vouchers.

### Salvos Assessment Line

**1300 371 288, Mon-Fri 9am-5pm.** Crisis assistance & case management referral.

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

**6248 7771, Mon-Fri 9:30am-2pm.** 45 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.

## 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 Belconnen; Anglicare Food Fair, Lyons Food Corner.

## NORTHSIDE

### 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.

### Holy Cross Tuckerbox

**6248 5327 / 0413 751 502, Sat 2pm-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.  
holycrosshackett.org.au

### The Mustard Seed Uniting Food Pantry

**6242 5001/ 6242 0515, 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. \$1 to join.

### 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.

## BELCONNEN

### HandUp Food Care

**6196 8630, 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 swap or shop stall open Thursday afternoons.

### Helping Hand Food Pantry

**0413 623 248, Thu & Fri 11:30am-1pm.** St Paul's Ginninderra Anglican Church Spence, Mt Rogers Community Centre, Curly St, Spence. St Paul's provides food on an 'as available' basis. Cost of Membership: \$2. Email: stpaulsspence@inet.net.au or visit stpaulsginninderra.org.au

### The FoodHut Co-op

**6253 1672, Tue 4-5:15pm Belco Kitchen meal 5:15-5:45pm, Co-op open**

again 5:45-6:15pm, Thu 2:30-4:15pm. NationsHeart Christian Community, 27 Rae St, Belconnen. Wide range of grocery items available at minimal cost. A donation is requested to cover freight costs. Annual membership \$2 (to cover admin costs). Website: [www.nationsheart.org.au](http://www.nationsheart.org.au)

## SOUTHSIDE

### Anglicare Food Fair Queanbeyan

**6232 9272, Mon-Fri 9am-5pm. Sat 9:30am-2:30pm.** 170 Crawford St, Queanbeyan. Groceries, fruit, vegetables & meat (per-kilo). Annual Membership \$2. Email: [food.fair@anglicare.com.au](mailto:food.fair@anglicare.com.au)

### Community Services #1 Pantry

**6126 4700, Wed or Thur 10am-4pm. Fri 2pm-4pm walk-in session.**

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

### 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.** Lanyon Youth & Community centre, Sydney Nolan St, Conder. For those in the Lanyon area. Can access once a fortnight.

### Lyons Food Corner

**6282 1502, Mon 1:30-2:30pm.** Lyons Church of Christ, 2 Marrawah St, Lyons. A range of grocery items available. Annual membership \$2.

### The Little Pantry/ Woden Community Service

**6282 2644, Thur 9:30am-1pm.** 26 Corinna St, Woden (across the road from Woden Library and behind discount chemist). Can access a small number of non-perishable foods & personal items (once a fortnight). Website: [www.wcs.org.au](http://www.wcs.org.au)

## NEW SOUTH WALES

### Yass Vine Church Community Foodcare

**6226 4848, Thu 10am-12pm & 6-7:30pm.** 66 Lead St, Yass. Affordable groceries, free bread, fruit and veg. Available to Centrelink concession card holders. \$2 per financial year.

## VOLUNTEERING *and* CONTACT ACT

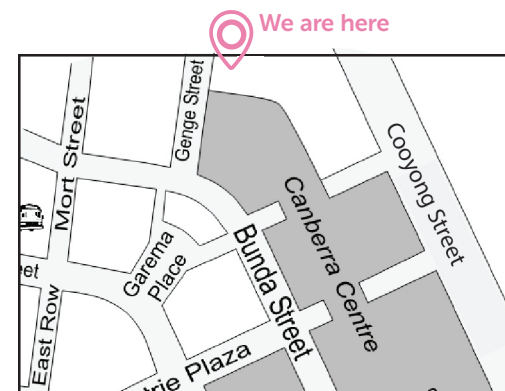
# Emergency Relief, Food Co-ops & Pantries Guide

This guide provides information on where to find emergency relief, food co-ops and pantries within the Canberra Region.

Please note that details might have changed from date of publication.

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

Visit us at our **Shopfront**, or visit the website [actcommunitydirectory.com.au](http://actcommunitydirectory.com.au) for more information.



Griffin Centre, 20 Genge St, Canberra

Open Monday-Friday, 9am-5pm