

**Free & Low-Cost Food Services (Nov 2022), Parramatta Local Government Area – locations are all in Parramatta CBD unless otherwise stated.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Parramatta Mission</b> Meal Plus <b>Breakfast</b> 8 – 9am 119 Macquarie St	<b>Parramatta Mission</b> Meal Plus <b>Breakfast</b> 8 – 9am 119 Macquarie St	<b>Parramatta Mission</b> Meal Plus <b>Breakfast</b> 8 – 9am 119 Macquarie St	<b>Parramatta Mission</b> Meal Plus <b>Breakfast</b> 8 – 9am 119 Macquarie St	<b>Parramatta Mission</b> Meal Plus <b>Breakfast</b> 8 – 9am 119 Macquarie St		<b>Community Assistance Team Breakfast</b> 7:30-8:30am George Khattar Lane / Wilde Ave Bridge
<b>Dignity Food Relief Meals</b> 7am-7pm PCYC Parramatta 107 George St	<b>Dignity Food Relief Meals</b> 7am-7pm PCYC Parramatta 107 George St	<b>Dignity Food Relief Meals</b> 7am-7pm PCYC Parramatta 107 George St	<b>Dignity Food Relief Meals</b> 7am-7pm PCYC Parramatta 107 George St	<b>Dignity Food Relief Meals</b> 7am-7pm PCYC Parramatta 107 George St	<b>Dignity Food Relief Meals</b> 7am-7pm PCYC Parramatta 107 George St	
<b>Anglicare Parramatta</b> Food & Financial Assistance Office <b>Food Parcels</b> 9am-5:00pm 12 Victoria Rd Call 8624 8600 first	<b>Anglicare Parramatta</b> Food & Financial Assistance Office <b>Food Parcels</b> 9am-5:00pm 12 Victoria Rd Call 8624 8600 first	<b>Anglicare Parramatta</b> Food & Financial Assistance Office <b>Food Parcels</b> 9am-5:00pm 12 Victoria Rd Call 8624 8600 first	<b>Anglicare Parramatta</b> Food & Financial Assistance Office <b>Food Parcels</b> 9am-5:00pm 12 Victoria Rd Call 8624 8600 first	<b>Anglicare Parramatta</b> Food & Financial Assistance Office <b>Food Parcels</b> 9am-5:00pm 12 Victoria Rd Call 8624 8600 first		
<b>Hope Connect</b> Emergency Relief <b>Food Assistance</b> 10am-12:00pm 16 Shortland St, Telopea Call 9638 7955 first	<b>Hope Connect</b> Emergency Relief <b>Food Assistance</b> 10am-12:00pm 16 Shortland St, Telopea Call 9638 7955 first	<b>Hope Connect</b> Emergency Relief <b>Food Assistance</b> 10am-12:00pm 16 Shortland St, Telopea Call 9638 7955 first	<b>Hope Connect</b> Emergency Relief <b>Food Assistance</b> 10am-12:00pm 16 Shortland St, Telopea Call 9638 7955 first	<b>Parramatta Community Care</b> FoodCare <b>Free/Low cost groceries</b> 9:30am-1pm 18 Barney St, North Parramatta Call 9630 3892 first		<b>Turbans 4 Australia</b> Western Sydney Food Hampers <b>Food/Grocery Hampers</b> 10:30am-12pm 14 Martha St Clyde
<b>The Salvation Army</b> Connect Site & Café <b>Free Café Style Snacks</b> & Coffee 9:30am-1pm 426 Church St		<b>The Salvation Army</b> Connect Site & Café <b>Fresh food/groceries</b> Free coffee 9:30am-1pm 426 Church St	<b>Anglicare</b> Mobile Community Pantry <b>Low cost groceries</b> 10-11am fortnightly Dundas Ermington Uniting Church 181 Park Rd, Dundas	<b>The Salvation Army</b> Connect Site & Café <b>Free Café Style Snacks</b> & Coffee 9:30am-1pm 426 Church St		

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Parramatta Mission</b> Meal Plus <b>Lunch</b> 11:30am-1pm 119 Macquarie St	<b>Parramatta Mission</b> Meal Plus <b>Lunch</b> 11:30am-1pm 119 Macquarie St	<b>Parramatta Mission</b> Meal Plus <b>Lunch</b> 11:30am-1pm 119 Macquarie St	<b>Parramatta Mission</b> Meal Plus <b>Lunch</b> 11:30am-1pm 119 Macquarie St	<b>Parramatta Mission</b> Meal Plus <b>Lunch</b> 11:30am-1pm 119 Macquarie St		<b>Pathways Community Care Food</b> 12-2pm Prince Alfred Square Church St/Victoria Rd
<b>Pathways Community Church Food Hampers</b> 12-2pm 284 Dunmore St Pendle Hill Call 9636 7600 to book		<b>Pathways Community Church Food Hampers</b> 12-2pm 284 Dunmore St Pendle Hill Call 9636 7400 to book				
<b>Parramatta Mission</b> Meal Plus <b>Food Hampers</b> 2-4pm 119 Macquarie St	<b>Parramatta Mission</b> Meal Plus <b>Food Hampers</b> 2-4pm 119 Macquarie St	<b>Parramatta Mission</b> Meal Plus <b>Food Hampers</b> 2-4pm 119 Macquarie St	<b>Parramatta Mission</b> Meal Plus <b>Food Hampers</b> 2-4pm 119 Macquarie St	<b>Parramatta Mission</b> Meal Plus <b>Food Hampers</b> 2-4pm 119 Macquarie St	<b>Shrimad Rajchandra Mission Dharampur Food</b> 4-7pm Prince Alfred Square Church St/Victoria Rd	
<b>Jesus Cares 4 U Meals</b> 3:45-5:15pm Prince Alfred Square Church St/Victoria Rd	<b>Helping Homeless of Australia Food</b> 5-6:30pm Prince Alfred Square Church St/Victoria Rd	<b>Your Community Needs Food</b> 5-8pm Prince Alfred Square Church St/Victoria Rd	<b>Chur Bro'sn Whanau Food</b> 4-8pm <u>Fortnightly</u> Prince Alfred Square Church St/Victoria Rd		<b>St Ioannis Greek Orthodox Church Food</b> 5:30-7:30pm <u>Monthly</u> Prince Alfred Church St/Victoria Rd	
		<b>Pathways Community Care Food</b> 6-7pm Prince Alfred Square Church St/Victoria Rd	<b>StreetMed Food &amp; Health Check</b> 6-9pm Prince Alfred Square Church St/Victoria Rd		<b>All Nations Christian Fellowship Sydney Food</b> 5:30-8pm Prince Alfred Square Church St/Victoria Rd	
<b>Sathya Sai Centre Food</b> 7:20-8:10pm Prince Alfred Square Church St/Victoria Rd			<b>Sathya Sai Centre Food</b> 7:15-8pm Prince Alfred Square Church St/Victoria Rd		<b>StreetMed Food &amp; Health Check</b> 6-9pm Prince Alfred Square Church St/Victoria Rd	
<b>Vinnies Food Van Snacks &amp; drinks</b> 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	<b>Vinnies Food Van Snacks &amp; drinks</b> 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	<b>Vinnies Food Van Snacks &amp; drinks</b> 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	<b>Vinnies Food Van Snacks &amp; drinks</b> 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	<b>Vinnies Food Van Snacks &amp; drinks</b> 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	<b>Vinnies Food Van Snacks &amp; drinks</b> 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	<b>Vinnies Food Van Snacks &amp; drinks</b> 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd