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

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