



Eastern Suburbs Community Food Access Guide

A GUIDE TO HEALTHY AND AFFORDABLE FOOD AND MEALS



Hello there!

Balancing healthy eating and financial priorities can be hard, especially when food isn't always cheap. Here is our guide for local lower-cost and free food in the Sydney Eastern Suburbs that is easy to access and high in nutrition.

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This resource has been developed as part of the Keeping the Body in Mind Program, Eastern Suburbs Mental Health Service, and as part of a dietetics placement project by Michelle Hsu & Joyce Chan under the supervision of Scott Teasdale and Elisa Rossimel. Images obtained from Google Images.

Quick Guide to Cheap and Healthy Groceries and Meals

Find places near you to get cheap and healthy food to reach your health and wellbeing goals.

How to use the guide:

For each place, there will be all the details you need to get in contact with the organisation and where to find them straight away.

Each place will also have easy-to-read symbols to quickly find:



Cooked meals provided at the place or delivered to your home.



Groceries, fresh and non-perishable foods.



Shopping list assistance. Send the organisation your shopping list order and they will buy the items and deliver them to you.

Look out for extra opportunities too!

At the bottom of the details, some places may offer other activities and services such as volunteering, work experience and financial support services.

Community Map – Look for a service around your neighbourhood!

1.		Eastern Suburbs Salvation Army Community Services Centre
2.		City of Botany Bay Services
3.		Jewish House
4.		Kooloora Community Centre
5.		OzHarvest
6.		St Mark's Anglican Church
7.		St Vincent de Paul Society
8.		Staple Bag
9.		The Wayside Café & Bondi Beach Community Service Centre

City of Botany Bay Services



Services available:

- **Subsidised centre-based meals**
Caters for most dietary requirements (allergies, swallowing difficulties, cultural and taste preferences)
- **Meals on Wheels**
- **Shopping services**
Up to 6 bags per delivery. Call to place shopping order.



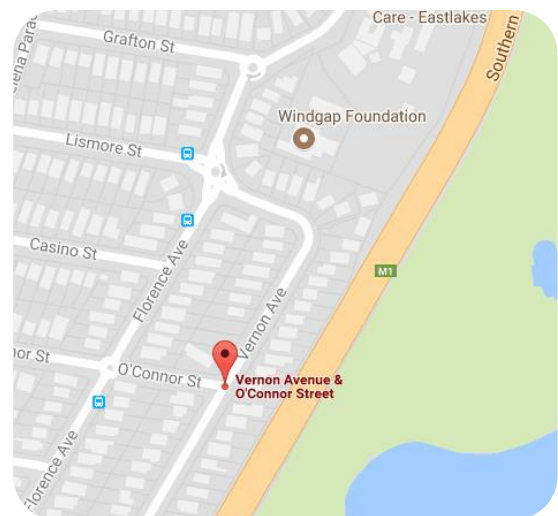
- For:**
- Living in Botany Bay area
 - Eligible for Home and Community Care (HACC)
 - At least 65 years old
 - Have a disability
 - Aged 55 years & over for Aboriginal and Torres Strait Islander people

Cost: Fee calculated based on a home visit assessment

Location: **Aged & Disability Services Centre and Eastlakes Senior Citizens Centre**
Corner of O'Connor St & Vernon Avenue, Eastlakes NSW 2018
*Transport is provided to and from the centre on community buses

Open: Monday to Friday 8am-4.30pm (Office)
10.30am-12.00pm (Meals on Wheels home delivery)

Phone: 9669 4640



More information about Meals on Wheels services can be found on page 16.

Or find out more at: <http://www.botanybay.nsw.gov.au/Our-Community/Seniors>

Eastern Suburbs Salvation Army
Community Services Centre, Maroubra



Services available:

- Free community meals
- Food vouchers
- Emergency crisis food parcels

For: Everyone!

For food vouchers, call to check if you are eligible.

Cost: Free!

Location: 100 Boyce Rd,
Maroubra NSW 2035

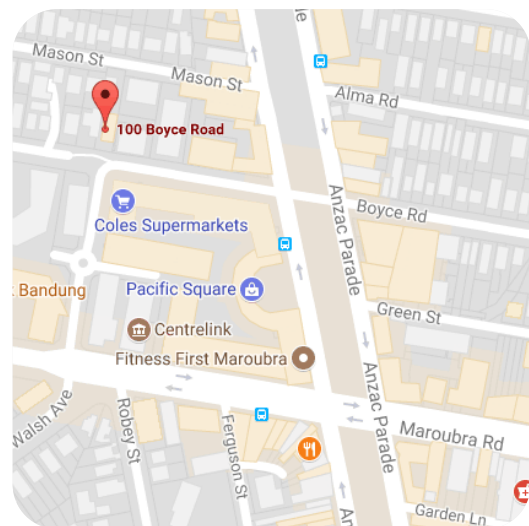
With full wheelchair access

Open: Monday and Tuesday (breakfast)
9am-10.30am
Wednesday (lunch)
12pm-1.30pm

Phone: Centre: 9344 7974

Food vouchers /emergency
crisis: 1300 371 288

(Monday to Friday 9am-5pm)



Find out more at: www.salvationarmy.org.au

Other services:

- General welfare assistance
- Volunteering opportunities (helping with meal preparation, washing up and more)

Jewish House, Bondi



Services available:

- Groceries
- Cooked meals



Jewish House

For: Everyone!

Cost: Free!

Location: 17 Flood St
Bondi NSW 2026

Open: Monday to Friday
10am-5pm
*Contact Jewish House for
meal times.*

Phone: 9386 0770
Crisis Hotline
1300 544 357



Find out more at: www.jewishhouse.org.au

Other services:

- Counselling
- Immediate crisis intervention
- Food and shelter
- Psychiatry
- Psychology
- Job search support

Kooloora Community Centre Veged Out Program



Service available:

- **Pick up groceries at Centre** including bag of fresh fruit, vegetables and baked bread



For: Everyone living in Malabar, Matraville, Chifley, Phillip Bay, Little Bay, La Perouse or Port Botany

Cost: \$12 per bag

Pay by cash at Kooloora Centre at least 3 days in advance and keep your receipt to collect the groceries

Location: 167 Bilga Crescent,
Malabar NSW 2036

Open: Every second Friday (except school holidays)
9.30am-12.30pm

Phone: 9661 9160

Ask for Julie Spies or Veged Out Coordinator



Find out more at: <https://kooloora.org/>

Other services:

- **Community garden**
- **Volunteering opportunities (running the Veged Out program)**

OzHarvest Market, Kensington



Service available:

- **Groceries** - *Stock varies each week.*
Fresh fruit and vegetables, bread, tinned goods, frozen meals, drinks, toiletries and other home products.



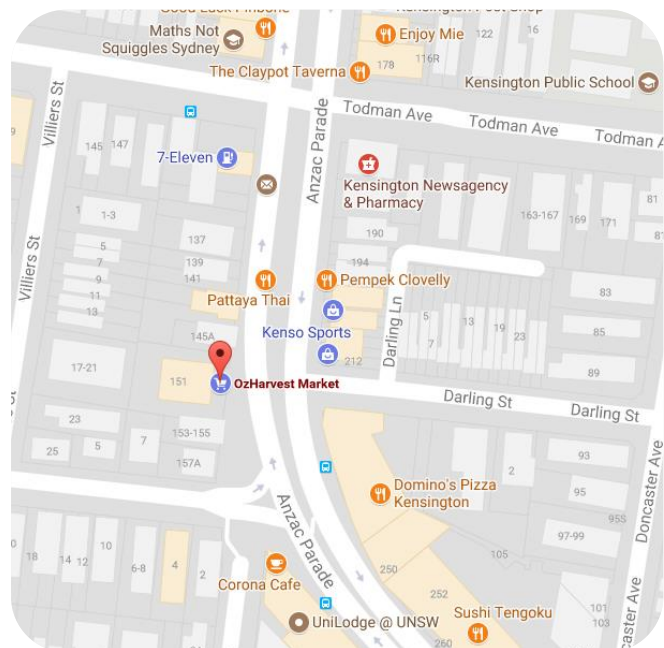
For: Everyone!

Cost: Free!
But contributions are greatly appreciated.

Location: 147 Anzac Parade,
Kensington NSW 2033
**No parking on-site*

Open: Monday to Friday
10am – 2pm

Phone: 9516 3877



Find out more at: www.ozharvest.org/market/

Or Check out their Facebook page for the latest stock updates
www.facebook.com/OzHarvestMarket

Other activities:

Nourish – Free hospitality training course for youths aged 16-25 years old. Program is for 6 months with TAFE NSW. You receive a Certificate II in hospitality at the end of the program.

Talk to: Belinda Woollett – Nourish Program Manager

Phone: 0411 465 458

Email: nourish.sydney@ozharvest.org

NEST – Nutrition education program for people in need of all ages. Programs are run by qualified nutritionist and dietitian volunteers.

Phone: 1800 108 006

Email: nest@ozharvest.org

South Eastern Community Connect List Shopping Service



Service available:

- **Shopping + Home delivery service**



**South Eastern
Community
Connect**

For:

- Have difficulty shopping due to physical or mental condition(s)
- At least 18 years old

Cost: Cost of groceries + \$5 delivery fee

Location: Delivered to your home

Open: Monday to Friday
9am-4.30pm

Delivery days: Tuesday, Wednesday and Thursday

Phone: 8338 8506

Ask for Lili (List Shopping Service coordinator)

Find out more at: <http://www.secc.sydney/food-services--shopping.html>

Other activities:

- **Volunteering opportunities**
- **Multicultural social support groups and various levels of English classes**
- **At-home respite care and social support**
- **Family – parenting classes, supported playgroups and toy library**

St Mark's Anglican Church, Malabar



Service available:

- **Groceries**

Non-perishable staples and some fresh foods (e.g. canned foods, cereals, long-life milk, pasta, rice)

in partnership with



Anglicare
Community Services

For: Holder of Pension,
Health Care or
Immigration card

Cost: \$10 contribution for up
to 2 large shopping bags
of food

You will receive a free
reusable shopping bag on
your first visit!

Location: Corner of Franklin St and
Victoria Lane,
Malabar NSW 2036

Open: Every second Friday
10.30-11.30am

Phone: 9311 0309

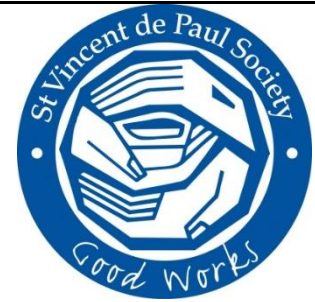


Find out more at: www.stmarksmalabar.org.au

Other Mobile Community Pantry locations:

www.anglicare.org.au/mobile-community-pantry

St Vincent de Paul Society, Kingsford Community Support Centre



Services available:

- Food
- Food vouchers

- For:**
- Live in Randwick City Council
 - Referred by Centrelink
 - Provide Centrelink income statement

Cost: Free!

Location: Level 2, 1a Meeks St,
Kingsford NSW 2032

Open: Monday to Friday
9.30am-12pm &
1pm-3pm

Phone: 9662 7380



Find out more at: www.vinnies.org.au

Or email them at kingsfordcsc@sydneyvinnies.org

Other services:

- Clothing
- Financial assistance

Staple Bags, Surry Hills



Service available:

- **Groceries**

Fresh and non-perishable groceries (e.g fruits and vegetables, bread, cereal, milk, eggs, pantry staples, meats, drinks and more)



For: Everyone!

Cost: \$20 for standard bag (for 2 people for a week)

\$30 for family bag (for 4 people for a week)

\$15 for vegetarian bag

+ \$7 flat rate delivery fee per customer (call to check if they deliver to your suburb)

Location: John Northcott Building

50/40-50 Belvoir St,
Surry Hills NSW 2010

Open: Friday 2pm-3pm

Phone: 9787 6832



Find out more at: <https://thestaplesbag.org.au/>

Other services:

- Work experience opportunities for unemployed people
- Provides hands-on work experience and life skills training (to help job seekers to find and keep a job)

Other locations:

The Wayside Chapel @ 29 Hughes St, Potts Point NSW 2011

open on Wednesday 12:30pm-2:30pm

The Wayside Café and Community Service Centre, Bondi Beach



Services available:

- Free community breakfasts and lunches
- Low-cost meals



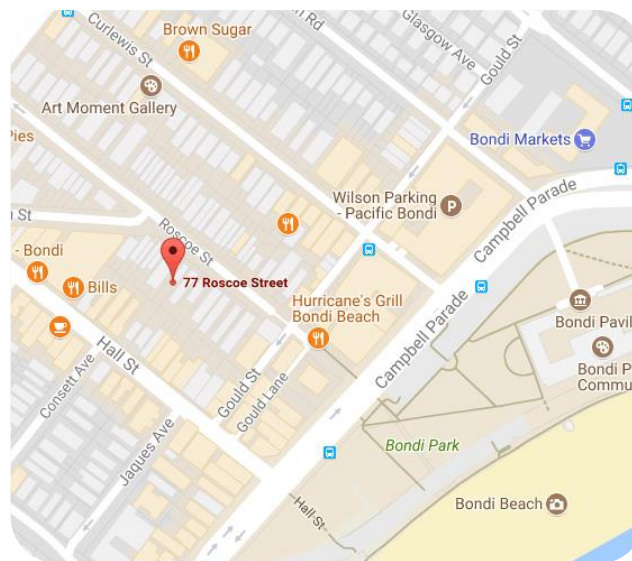
For: Everyone!

Cost: FREE Community meals & Café offers full meals for under \$4

Location: **Norman Andrews House**
77 Roscoe Street
Bondi Beach NSW 2026

Open: Monday to Friday
8.30-9am Free breakfasts
9.30am-2pm Low-cost café

Phone: 9581 9193



Find out more at: <https://www.thewaysidechapel.com/>

Other services:

- Showers, storage and laundry facilities are available for emergency relief.
- Volunteer opportunities at the Café to learn cooking, food preparation & business operations.
- Youth Breakfast Club Monday to Saturday 9am-11am
 - Free and for people 25 years old and under.
 - Different breakfast menus each day of the week and eat what you cook.
- Day to Day Living: Cooking Group – *Free and for everyone!*
 - Baking classes every second Wednesday 2.30pm-4.30pm
 - Breakfast cooking group on Monday and Wednesday 9.30am-10.30am
 - Lunchtime cooking group on Friday 10.30am-1pm

@ Kings Cross/Potts Point Branch - Show up and join anytime!

- Free community lunches on Tuesday and Thursday 1pm-2pm
- Indigenous community lunches on Wednesday 12.30pm-2pm
- Low-cost café open every day at various times

Weekly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Free community breakfast 9am-10.30am @ Salvation Army Community Centre 100 Boyce Road Maroubra Call 9344 7974</p>		<p>Free community lunch 12pm-1.30pm @ Salvation Army Community Services Centre 100 Boyce Road Maroubra Call 9344 7974</p>		<p>Low-cost bags of groceries 2-3pm @ Staple Bags 50/40-50 Belvoir St, Surry Hills Call 9787 6832</p>
<p>Free community breakfast (8.30am-9am) & Low-cost meals (9.30am-2pm) @ Wayside Café and Community Centre 77 Roscoe St Bondi Beach Call 9581 9193</p>				
	<p>List shopping service South Eastern Community Connect Monday to Friday 9am-4.30pm Call 8338 8506</p>			<p>\$12 bags of fresh groceries 9.30am-12.30pm Every 2nd Friday, except school holidays @ Kooloora Community Centre 167 Bilga Crescent Malabar Call for dates 9661 9160</p>
				<p>\$10 bags of staple foods 10.30-11.30am Every second Friday @ St Mark's Anglican Church corner of Franklin St and Victoria Lane Malabar Call for dates 9311 0309</p>
<p>Other services throughout the week</p>				
<p>Low-cost groceries and staples Cooked meals provided at the place or delivered to your home. Call 9516 3877</p>	<p>Subsidised meals & shopping assistance Call 9555 1340</p>	<p>Food parcels and meals Groceries, fresh and non-perishable foods. OR Crisis Hotline 1300 544 357</p>	<p>Food vouchers 10am-12pm and 1pm-3pm St Paul Society Every 2nd weeks St Kingsford Call 9662 7380</p>	

Looking for more?

Contact the following organisations for even more community meals and groceries near you:

Donated food distributors

Food Bank 9756 3099

Second Bite 1800 263 283 (or 9316 9200 for the Sydney office)

OR use the Food Finder on their website

www.secondbite.org/food-finder

Community centres

The Junction Neighbourhood Centre 9349 8200

Shop 2, 669-673 Anzac Parade, Maroubra, NSW 2035

Open Monday to Friday 9am-4.30pm

Range of services including information and referral, family support, aged and disability outreach services, groups and classes and volunteer services.

For more information, visit: www.jnc.org.au



Culturally specific meals services

COA Kosher Meals 9389 0035

Australian Chinese Community Meals on Wheels 9281 1377

Website directory

Askizzy.org.au

Enter your suburb or postcode and find more community meals, food vouchers and low-cost groceries.

Other related services

Community transport services

Arrange to be collected from your home to the local shopping centre for 1-2 hours of shopping.

Cost: \$5 per trip

Most buses have wheelchair spaces.

Dates: Contact your local community transport to find out your area shopping days.

Randwick/Waverley 9369 5366

South Sydney 8241 8000

Botany 8338 8506

Shopping assistance

Contact your Local Neighbourhood Centre for shopping services they offer and the eligibility requirements.

- List shopping – you ring the centre for your order for home delivery
- Assisted shopping – a worker/volunteer accompanies you to do the shopping

The Junction Neighbourhood Centre (Randwick) 9349 8200

Echo Neighbourhood Centre (Waverley) 9387 2885

South East Neighbourhood Centre (Botany) 8338 8506

Holdsworth St. Community Centre (Woollahra) 9302 3600

Kings Cross Community & Information Centre (City of Sydney) 9357 2164

Meal delivery service with Meals on Wheels

Costs: around \$9-12 per meal (a main, soup and a dessert) or \$4 for economy main meal

Meal types: Frozen or Ready-to eat ---- can also cater for those with specific dietary requirements

Some centres also provide shopping services such as group shopping bus or individual assisted shopping. Contact your local Meals on Wheels centre for the services they provide and the eligibility requirement.

Randwick Meals on Wheels 9661 3781

Waverley Meals on Wheels 9386 7977

Botany Meals on Wheels 9669 4640

Sydney Meals on Wheels 8512 4230

Woollahra Meals on Wheels 9327 2361

7 Helpful, Healthy Shopping Tips for 7 Days of the Week


Making small changes to your shopping routine can make HUGE benefits to your wallet and health.

- 1 Buy fresh produce that are on-special or on-sale at your local supermarket and grocer. Fruits and vegetables that are **in-season** are usually cheaper and fresher. Some cuts of meat may also be on special, so buy ones with **less fat** (the white parts) and **cut off any visible fat** before cooking meats at home.
- 2 Check for **on-sale products** that are healthy. ALDI is slightly cheaper than Coles and Woolworths, but you can still get bargains from the other supermarkets if you check for what's on special that week.
- 3 **Generic and home brand products** can be just as nutritious as the popular brands – just check the ingredients list and nutritional information panel for hidden sugars, fats and salts (see “How to Read Nutrition Labels” on page 18).
- 4 Check the “**per unit price**” for the cheaper product. You will find these on the price label written as \$\$ per 100g or 1kg for foods, and \$\$ per 1L for drinks. **Buying in bulk** is usually cheaper than buying individual packs or smaller packets.
- 5 **Frozen vegetables and fruits** can be cheap and handy ways to a healthy meal. They are snap-frozen which means that they are frozen just a few hours after being picked in the farms to lock in their nutrients, making them just as nutritious as the fresh versions. Check the ingredients list to make sure that they are **100% vegetables/fruits, with no added sugars, fats or salt.**
- 6 **Canned tomatoes, beans and fish** (tuna, salmon and sardines) are handy time-savers and money-savers too. Pick varieties that have **no-added salt or sugar.**
- 7 Plant-based protein foods are cheaper than meat-based foods. Try a meat-free day by using protein-packed, nutritious plant foods such as tofu, lentils, chickpeas, beans and cheese.



How to Read Nutrition Labels

Here is a go-to guide for reading nutrition information panels and ingredients lists. For more information and advice, see an [Accredited Practising Dietitian](#) near you.


Australian Government
National Health and Medical Research Council
Department of Health and Ageing
www.eatforhealth.gov.au

HOW TO UNDERSTAND FOOD LABELS

What to look for...

Don't rely on health claims on labels as your guide. Instead learn a few simple label reading tips to choose healthy foods and drinks, for yourself. You can also use the label to help you lose weight by limiting foods that are high in energy per serve.

Total Fat ▶
Generally choose foods with less than **10g per 100g**.
For milk, yogurt and icecream, choose less than **2g per 100g**.
For cheese, choose less than **15g per 100g**.

Saturated Fat ▶
Aim for the lowest, per 100g.
Less than 3g per 100g is best.

Other names for ingredients high in saturated fat: Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.

Fibre ▶
Not all labels include fibre.
Choose breads and cereals with **3g or more per serve**

Nutrition Information		
Servings per package – 16 Serving size – 30g (2/3 cup)		
	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.		
Ingredients ▲ Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.		

◀ 100g Column and Serving Size
If comparing nutrients in similar food products **use the per 100g column**. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.

Energy
Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

Sugars
Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.

◀ Sodium (Salt)
Choose lower sodium options among similar foods. **Food with less than 400mg per 100g are good, and less than 120mg per 100g is best**.

Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

Other names for high salt ingredients: Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.

Sourced from <https://www.eatforhealth.gov.au/eating-well/how-understand-food-labels>, Last reviewed on September 2018.