

**Free & Low-Cost Food Services (May- 2023), Parramatta Local Government Area – locations are all in Parramatta CBD unless otherwise stated.**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Parramatta Mission Meal Plus Breakfast 8 – 9am 119 Macquarie St	Parramatta Mission Meal Plus Breakfast 8 – 9am 119 Macquarie St	Parramatta Mission Meal Plus Breakfast 8 – 9am 119 Macquarie St	Parramatta Mission Meal Plus Breakfast 8 – 9am 119 Macquarie St	Parramatta Mission Meal Plus Breakfast 8 – 9am 119 Macquarie St		Community Assistance Team Breakfast 7:30-8:30am George Khattar Lane / Wilde Ave Bridge
Anglicare Parramatta Food & Financial Assistance Office Food Parcels 9am-5:00pm 12 Victoria Rd Call 8624 8600 first	Anglicare Parramatta Food & Financial Assistance Office Food Parcels 9am-5:00pm 12 Victoria Rd Call 8624 8600 first	Anglicare Parramatta Food & Financial Assistance Office Food Parcels 9am-5:00pm 12 Victoria Rd Call 8624 8600 first	Anglicare Parramatta Food & Financial Assistance Office Food Parcels 9am-5:00pm 12 Victoria Rd Call 8624 8600 first	Anglicare Parramatta Food & Financial Assistance Office Food Parcels 9am-5:00pm 12 Victoria Rd Call 8624 8600 first		Immortality Research Ltd  9.00 to 11.00 AM Prince Alfred Square Church St/Victoria Rd
Hope Connect Emergency Relief Food Assistance 10am-11:45 am 16 Shortland St, Telopea Call 9638 7955			Hope Connect Emergency Relief Food Assistance 1pm -2:45pm 16 Shortland St, Telopea Call 9638 7955	Parramatta Community Care FoodCare Free/Low-cost groceries 9:00am-11:30am 18 Barney St, North Parramatta Call 9630 3892 first		Ms Sukanya Mukerjee last Saturday of each month 9am – 11am
The Salvation Army Connect Site & Café Free Café Style Snacks & Coffee 9:30am-1pm 426 Church St		The Salvation Army Connect Site & Café Free Café Style Snacks & Coffee 9:30am-1pm 426 Church St	Anglicare Mobile Community Pantry Low-cost groceries 10-11am fortnightly Dundas Ermington Uniting Church 181 Park Rd, Dundas	The Salvation Army Connect Site & Café Free Café Style Snacks & Coffee 9:30am-1pm 426 Church St		Turbans 4 Australia Western Sydney Food Hampers Food/Grocery Hampers 11:00 am-12pm 14 Martha St Clyde
				Parramatta Community Care Free Food Assistance Discounted Groceries 18 Barney Street, North Parramatta Call 0497 805 788		

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parramatta Mission Meal Plus Lunch 11:30 am – 1 pm 119 Macquarie St	Parramatta Mission Meal Plus Lunch 11:30 am – 1 pm 119 Macquarie St	Parramatta Mission Meal Plus Lunch 11:30 am – 1 pm 119 Macquarie St	Parramatta Mission Meal Plus Lunch 11:30 am – 1 pm 119 Macquarie St	Parramatta Mission Meal Plus Lunch 11:30 am – 1 pm 119 Macquarie St		Pathways Community Care Food 12-2pm Prince Alfred Square Church St/Victoria Rd
Pathways Community Church Food Hampers 12-2pm 284 Dunmore St Pendle Hill Call 9636 7600 to book		Pathways Community Church Food Hampers 12-2pm 284 Dunmore St Pendle Hill Call 9636 7600 to book				
Parramatta Mission Meal Plus Food Hampers 1-2 pm 119 Macquarie St	Parramatta Mission Meal Plus Food Hampers 1-2 pm 119 Macquarie St	Parramatta Mission Meal Plus Food Hampers 1-2 pm 119 Macquarie St	Parramatta Mission Meal Plus Food Hampers 1-2 pm 119 Macquarie St	Parramatta Mission Meal Plus Food Hampers 1-2 pm 119 Macquarie St	Shrimad Rajchandra Mission Dharampur Food 4:00 pm – 7:00 pm Prince Alfred Square Church St/Victoria Rd	
ST Merkorious Church 6pm to 7 pm Prince Alfred Square Church St/Victoria Rd					St Ioannis Greek Orthodox Church Food 5:30-7:30pm Monthly Prince Alfred Church St/Victoria Rd	Orange Sky Australia Laundry Services 4.30 to 6.30pm Prince Alfred Square Church St/Victoria Rd
Sathya Sai Centre Food 5:30 pm to 6:15 pm Prince Alfred Square Church St/Victoria Rd		St Ionnis Church, every Wednesday 5:45pm – 6:30pm				St Peter and Paul Parish Church 5pm – 7:30pm Prince Alfred Square Church St/Victoria Rd
Mr Gwi Durk, every Monday 6pm – 8pm		Pathways Community Care Food 6-7pm Prince Alfred Square Church St/Victoria Rd	Sathya Sai Centre Food 7:15-8pm Prince Alfred Square Church St/Victoria Rd			Maronites on Mission Australia Ltd 5 pm to 6 pm Prince Alfred Square Church St/Victoria Rd
Vinnies Food Van Snacks & drinks 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	Vinnies Food Van Snacks & drinks 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	Vinnies Food Van Snacks & drinks 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	Vinnies Food Van Snacks & drinks 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	Vinnies Food Van Snacks & drinks 9:45-10:30pm Prince Alfred Square Church St/Victoria R	Vinnies Food Van Snacks & drinks 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd	Vinnies Food Van Snacks & drinks 9:45-10:30pm Prince Alfred Square Church St/Victoria Rd