

FOOD SECURITY OPTIONS IN THE COMMUNITY

This document has been prepared by the Community Partnerships Unit, South Eastern Sydney Local District (SESLHD) to support communities within South Eastern Sydney in the COVID-19 setting. SESLHD and our partners recognise that COVID-19 poses a considerable food security risk to many people especially our vulnerable populations. We also recognise and wish to support local communities helping each other and congratulate the many informal supports being offered within and between communities, as well as formal volunteering and non-government agency led responses. This document has been developed with support from our partner organisations especially all of the local council authorities across South Eastern Sydney. This reflects the formally organised services and offerings and businesses. This document is intended to be used by support staff and volunteers both within SESLHD as well as all of our partner organisations. It is not intended to list all of the direct food support strategies being put into place by all of our partners.

Please note that we do not endorse any particular company/service and we regularly check the content to keep this as up to date as possible. If you are aware of other services or there is a change to a service e.g. it has ceased, please inform us at: SESLHD-YourVoice@health.nsw.gov.au

This document can be used for all people, regardless of their financial and social situation. It is divided into the following sections:

- **Section 1:** Direct Food Support or Financial Assistance – targeted to specific groups; this section provides an outline of direct food provision (freshly prepared food, frozen food and hampers) targeted for specific groups. It is further divided into ‘all areas’ – that is for services providing across many geographic areas and then it is broken up into specific geographic areas. These services all have different target groups, please check the “what they offer” section of the table below.
- **Section 2:** Commercially available options; this section provides an outline of commercially available food options which may support people to apply social distancing recommendations during COVID-19.

Section 1: Direct Food Support or Financial Assistance – targeted to specific groups

ALL AREAS & CITY OF SYDNEY

The following section provides information for all areas. There may be a local organisation or local branch/unit that would be more suitable and can be found under the details of your specific local government area (see below).

SERVICE	CONTACT DETAILS	WHAT THEY OFFER
Anglicare Emergency Relief	Tel: (02) 8624 8600	<ul style="list-style-type: none"> • Emergency Relief <p><i>Please check with the provider regarding dietary requirements</i></p>
Meals on Wheels City of Sydney (only)	Tel: (02) 8512 4230 ✉mailto:mmow@cityofsydney.nsw.gov.au	<ul style="list-style-type: none"> • Meals on Wheels is still taking on new clients. Potential Meals on Wheels clients who are aged 65 or over and 50 or over for Aboriginal or Torres Strait Islander people are required to register with My Aged Care (1800 200 422) to be assessed and referred to Meals on Wheels. • Meals are delivered Monday-Friday excluding public holidays of chilled, frozen and hot meals. • Hot meals are delivered between 11:15am-1pm depending on where the client lives • Each client is assessed on an individual needs basis and notified within 24 hours if they are eligible for the service. • New clients can often be supplied with meals on the day if necessary. • Prices: Main only - \$6.20 Main, bread, dessert or soup (frozen only) - \$7.65 Main, soup (frozen only), dessert, bread – \$9.10 <p><i>Allergy <input checked="" type="checkbox"/> Vegetarian <input checked="" type="checkbox"/> Vegan <input checked="" type="checkbox"/> Gluten Free <input checked="" type="checkbox"/> Halal <input checked="" type="checkbox"/> Kosher <input checked="" type="checkbox"/></i></p> <p><i>The service provides meals to suit a client's personal requirements such as special dietary needs, cultural and taste preferences</i></p>
Mission Australia Emergency Relief	Tel: (02) 9357 1144 www.missionaustralia.com.au/service-directory/190-financial-support/emergency-relief-city-inner-south-inner-west email: stamatisp@missionaustralia.com.au Sydney City, Inner South, Inner West	<ul style="list-style-type: none"> • Provides food hampers and vouchers to those in need. • Contact the office for an initial over the phone assessment. You will be required to send in a Centrelink statement via email. Vouchers will be sent out via express post and food hampers can be picked up at an arranged time from a centre near to you. • Hampers are basic/standardised. They include items like baked beans, rice, spaghetti, water, tuna and coffee/tea but can vary depending on stock availability <p><i>Emergency hamper/food support only. Please check with the provider regarding dietary requirements</i></p>
Prosper Project Australia Sydney Hub	Tel: 0402 787 571 ✉mailto:mmail@prosperprojectaustralia.org www.prosperprojectaustralia.org	<ul style="list-style-type: none"> • Provides material assistance to those experiencing financial hardship. • Clients can attend Sydney Help Hub events around Sydney to collect goods or make a request for needed items. • Alternatively, delivery of nappies, toiletries, Telstra Calling cards, clothing, kitchen items, linen, towels, toys and other goods available by calling or emailing directly. • Available to anyone within the local government area (LGA) of Greater Sydney excluding Ryde

SERVICE	CONTACT DETAILS	WHAT THEY OFFER
Salvation Army	Tel: 13 72 58 Crisis Assessment Line Tel: 1300 371 288 Facebook: https://www.facebook.com/TheSalvationArmyAustralia/	<ul style="list-style-type: none"> • Emergency vouchers for food and financial assistance. Can be picked up from nearest Salvation Army store. • If the client does not have access to a phone, there is an allocated phone at Sydney Street Level Mission Waterloo (Cnr of Phillip and Cope Street Waterloo) and Sydney Street Level Mission Surry Hills (Derby Lane off Albion Street, rear of 339 Crown Street Surry Hills) <p><i>Please check with the provider regarding dietary requirements</i></p>
Service NSW Government	www.service.nsw.gov.au/covid-19/emergency-relief-packages Tel: 137788 for more details	<ul style="list-style-type: none"> • The NSW government has teamed up with both Foodbank and the Rapid Relief Team to deliver emergency relief packages and food boxes to people in need • Emergency foodbank relief packages are available for people who have been directed by NSW Health to self-isolate, and who: <ul style="list-style-type: none"> ○ can't or are genuinely struggling to afford food and groceries ○ have no family or friends able to help them with shopping ○ have no access to delivery services • The packages contain 2 weeks of food and personal care items, such as: Pasta, long life milk, canned vegetables and toilet paper • Rapid Relief Food Boxes are available for people who are in self-quarantine due to their vulnerability and who: <ul style="list-style-type: none"> ○ have lost income or their job, or are on a low income such as a pensioner ○ have little or no support from friends or relatives ○ are struggling with meeting their cost of living bills ○ are unable to access delivery services <p><i>Please check with the provider regarding dietary requirements</i></p>
St Vincent De Paul	Intake Line Tel: (02) 9560 2656 or 13 18 12	<ul style="list-style-type: none"> • Welfare Assistance • Food, financial assistance and emergency relief • Brekky Van operates from Prince Alfred Park in Surry Hills every Sunday from 9am until 11am. Provides hot cooked breakfast for homeless, marginally housed or those facing financial hardship <p><i>Please check with the provider regarding dietary requirements</i></p>
The Staples Bag	Tel: (02) 9787 6832 www.thestaplesbag.ssi.org.au	<ul style="list-style-type: none"> • Provides a food delivery service with bags of groceries for those in need. • Delivery occurs once a week and clients/tenants can pick up their items from a community centre/service organisation near them. • There are \$15, \$20 and \$30 options. <p><i>Emergency hamper/food support only. Please check with the provider regarding dietary requirements</i></p>
Surry Hills Community Connect	Email: sacha.lapi@facs.nsw.gov.au Email: judit.pege@facs.nsw.gov.au Mobile: 0417 225 724	<ul style="list-style-type: none"> • Frozen Meals available every Tuesday & Wednesday, 2.00pm – 3.00pm for social housing tenants living in Surry Hills <p><i>Please check with the provider regarding dietary requirements</i></p>

EASTERN SUBURBS

SERVICE	CONTACT DETAILS	WHAT THEY OFFER
COA Sydney	Tel: (02) 9389 0035 www.coasydney.org	<ul style="list-style-type: none"> • Kosher Meals on Wheels – Everyone who needs kosher meals is accommodated, regardless of circumstances. • Meals are provided for frail, aged seniors, younger people with disability, people experiencing injury or illness, on return from hospital, during recovery, and on compassionate grounds • Shopping Project – list shopping available via their volunteers <i>Kosher ☑</i>
Community Pantry St Pauls South Coogee	1 Gregory Street South Coogee Tel: 0407 891 306	<ul style="list-style-type: none"> • Fill bag with groceries for \$10 • Bring pension or health care card • Every second Thursday at St Pauls South Coogee (20th August then every second Thursday) • 3:30pm-4:30pm <i>Please check with the provider regarding dietary requirements</i>
Holdsworth Community (Can deliver across South Eastern Sydney)	Tel: (02) 9302 3600	<ul style="list-style-type: none"> • Fresh or Frozen meals or shopping delivered to home <i>Vegetarian ☑</i>
Junction Neighbourhood Centre	Shop 2/669-673 Anzac Parade Maroubra Tel: (02) 9349 8200 to register Text: 0447 046 606 if you have a mobile & no credit as JNC will call you	<ul style="list-style-type: none"> • Personalised list shopping service & delivery available for those 65 years plus and 50 years plus for Indigenous community with health & mobility issues • Registration required • Secure payment facilities available
Kooloora Community Centre	167 Bilga Crescent Malabar Tel: (02) 9661 9160 or 0481756759	<ul style="list-style-type: none"> • Emergency food relief including hampers and cooked meals, electricity and gas vouchers • Veged Out resumes May 29th- What you receive <ul style="list-style-type: none"> ○ 1 bag of locally chosen fresh fruit, vegetables and baked bread/rolls per person/family ○ Cost \$15 per bag, once per fortnight (<i>please pay at Kooloora 1 week in advance and keep your receipt for collection</i>) ○ Collection/Delivery Pick up at Kooloora, 10.30am fortnightly on Fridays during school term <i>Please check with the provider regarding dietary requirements</i>
Our Big Kitchen	36 Flood Street Bondi Tel: (02) 8084 2729	<ul style="list-style-type: none"> • Hot meals provided <i>Vegetarian ☑ Kosher ☑</i>
Oz Harvest Market	147 Anzac Parade Kensington Tel: 1800 108 006	<ul style="list-style-type: none"> • Food Supermarket now open Tuesday – Friday 10am-2pm. BYO Bag • Pre-packed Hampers available to collect at the main entrance. Tuesday – Friday, 10am-2pm <i>Please check with the provider regarding dietary requirements</i>

SERVICE	CONTACT DETAILS	WHAT THEY OFFER
Randwick Meals on Wheels (covers Randwick and Waverley LGA areas)	Shop 1, 523 Bunnerong Road Matraville Tel: (02) 9661 3781 for an assessment If under 65 years old please call (02) 8745 0086 to discuss needs	<ul style="list-style-type: none"> • Food relief service <p><i>Please check with the provider regarding dietary requirements</i></p>
South Eastern Community Connect (SECC)	Shop 84, Eastlakes Shopping Centre, Eastlakes Tel: (02) 8338 8506 1007 Botany Road Mascot Tel: (02) 7903 0607	<ul style="list-style-type: none"> • Shopping Bus, 1-1 Shopping, List Shopping, & Home delivery Service for over 65s • Fruit & Vegetable delivery. \$12 a box • Meal Preparation in the home for over 65s. \$10 per 2 hour session • Monday to Friday 9am-4:30pm • Delivery Tuesday, Wednesday & Thursday <p><i>Please check with the provider regarding dietary requirements</i></p>
St Mark's Anglican Church	Cnr Franklin Street & Victoria Lane Malabar Tel: (02) 9311 0309	<ul style="list-style-type: none"> • Mobile community pantry, 10.00am-11.00am, 4th September and every second Friday thereafter • Grocery & fresh food items available for \$10. Pension, &/or Health Care Card required <p><i>Please check with the provider regarding dietary requirements</i></p>
St Vincent de Paul Community Support Centre	Level 2/1A Meeks Streets Kingsford Tel: (02) 9662 7380	<ul style="list-style-type: none"> • People experiencing hardship and/or social isolation can access financial and material assistance. • During the current health situation, vouchers will be posted to a secure letterbox or can be picked up in the office (case by case) • Monday – Friday 9am-5pm <p><i>Please check with the provider regarding dietary requirements</i></p>
The Salvation Army	100 Boyce Road Maroubra Tel: (02) 9314 2166	<ul style="list-style-type: none"> • Free Community Breakfast every Monday & Tuesday - 9am-10:30am • Free Community Lunch every Thursday - 12pm-1pm • Food Boxes available <p><i>Please check with the provider regarding dietary requirements</i></p>
Table@399 Kingsford Church of Christ	399 Anzac Parade Kingsford Tel: (02) 9663 2272	<ul style="list-style-type: none"> • Free take-away frozen meals and bags of fruit and veg available 4.00pm-4.45pm from Sunday 6th September and fortnightly thereafter <p><i>Please check with the provider regarding dietary requirements</i></p>
Wayside Bondi Norman Andrews House	77 Roscoe Street Bondi Beach Tel: (02) 9581 9193	<ul style="list-style-type: none"> • Community Services Centre new opening times from 9am – 1pm • Take away service available including free breakfast • Lunch: 12pm-12:30pm (Lunches from \$1, \$1.50, & \$2) <p><i>Please check with the provider regarding dietary requirements</i></p>
Woollahra Food Pantry Woollahra Seventh-Day Adventist Church	219 Edgecliff Road Woollahra Tel: 0409 456 553	<ul style="list-style-type: none"> • Free box of staple grocery items. Tuesday, 1.30-3.00pm. • Please call in advance to notify of attendance and to enquire about delivery if required <p><i>Please check with the provider regarding dietary requirements</i></p>

SUTHERLAND

SERVICE	CONTACT DETAILS	WHAT THEY OFFER
3 Bridges Community	Tel: 1300 327 434	<ul style="list-style-type: none"> Assisted shopping and meal services for older people on the Commonwealth Home Support Program <i>Please check with the provider regarding dietary requirements</i>
Caringbah Seventh-Day Adventist Church	214 Willarong Road Caringbah Tel: 0422 115 747	<ul style="list-style-type: none"> Free fruit, vegetables and bread Low cost food 10am-11:30am Thursday - \$5 for a bag of <i>pantry food</i> <i>Please check with the provider regarding dietary requirements</i>
Community Co-Op Sutherland Shire (an initiative of One Meal, Orana, & Hopefield)	https://www.facebook.com/CommunityCoopSutherlandShire/	<ul style="list-style-type: none"> Fresh fruit and vegetables, pantry long life goods, & frozen meals available Supplies weekly, to other charities and not for profits in Sutherland Shire only Must pre-register (email kjohns@hopefield.org.au) <i>Please check with the provider regarding dietary requirements</i>
Cronulla Community Café NBU Currently closed until further notice	2 Gosport Street Cronulla	<ul style="list-style-type: none"> Wednesday Breakfast 8am-9:30am Lunch 12-12:30pm Food Hamper 11am Operating as take away service <i>Please check with the provider regarding dietary requirements.</i>
Crossroads Community Care Centre	51 Kiora Road Miranda Tel: (02) 9525 3790	<ul style="list-style-type: none"> Free groceries on Monday-Wednesday from 1-3pm Bring own bags <i>Please check with the provider regarding dietary requirements</i>
Gymea Community Aid & Information Service	Tel: (02) 9524 9559	<ul style="list-style-type: none"> Shopping assistance for people over 65 years available. <i>Please check with the provider regarding dietary requirements</i>
Hopefield – Manna Food Pantry	2-4 Tea Gardens Avenue Kirrawee Tel: (02) 9545 0299 admin@hopefield.org.au	<ul style="list-style-type: none"> Manna Food Pantry provides food support to those in need and has a range of non-perishable goods available plus fresh food & ready-made meals To use this service appointments must be made. <i>Please check with the provider regarding dietary requirements</i>
Menai Church – Urban Food Care	Unit 13/800-812 Old Illawarra Rd Menai Tel: 9532 1611 Email: urbanfoodcare@urbanlife.com.au	<ul style="list-style-type: none"> Low Cost Food & Grocery/Fruit/Vegs available every Thursday 4:30pm-6:30pm and Friday 9:30am-11:30am

SERVICE	CONTACT DETAILS	WHAT THEY OFFER
Mobile Community Pantry	St John's Sutherland Hall 43a Belmont Street Sutherland Tel: (02) 9521 4314	<ul style="list-style-type: none"> • Every 2nd Monday from 17th August, 1:30-2:30pm, pay \$10 and fill a supplied shopping bag. • Bring pension, health care card or immigration card <i>Please check with the provider regarding dietary requirements</i>
One Meal Cronulla Revive Church	7-11 Gosport Street Cronulla www.onemeal.org.au	<ul style="list-style-type: none"> • Bagged meals available for takeaway. Weekly on a Thursday, 5.30-6.30pm <i>Please check with the provider regarding dietary requirement</i>
One Meal Miranda Salvation Army	23 Kiora Road Miranda	<ul style="list-style-type: none"> • Bagged meals available for takeaway. Weekly on a Thursday, 5.30-6.30pm <i>Please check with the provider regarding dietary requirements</i>

One Meal Sutherland	816 Old Princess Highway Sutherland Tel: 0478 478 464 www.onemeal.org.au	<ul style="list-style-type: none"> • Free meal from 4- 5pm on Sunday • Bagged meals available for takeaway. Weekly on a Sunday, 4.00-5.00pm <i>Please check with the provider regarding dietary requirements</i>
Orana Hub Central	3a Stapleton Avenue Sutherland Tel: (02) 9521 8280	<ul style="list-style-type: none"> • Emergency relief and food hampers, 10am-2pm. Please call for an appointment <i>Please check with the provider regarding dietary requirements</i>
Reaching	Tel: 1300 055 100	<ul style="list-style-type: none"> • Food parcels • Subject to home delivery service availability <i>Please check with the provider regarding dietary requirements</i>
Seventh Day Adventist Church	214 Willarong Road Caringbah www.caringbah.adventist.org.au	<ul style="list-style-type: none"> • \$5 per bag of tinned food, pasta etc available every Thursday from 10am-11.30am • Bring your own bags <i>Please check with the provider regarding dietary requirements</i>
Southside Care	175 Port Hacking Road Miranda Tel: (02) 9522 4300 www.southside.org.au/southside-care	<ul style="list-style-type: none"> • Food Pantry - Free produce, bread and groceries, 12.30-4.00pm • Bring your own bag <i>Please check with the provider regarding dietary requirements</i>
St John's Anglican Church	Cnr Belmont Ave and Flora St, Sutherland	<ul style="list-style-type: none"> • Mobile Community Pantry – low cost food available for \$10 per bag every second Monday <i>Please check with the provider regarding dietary requirements</i>
St John Bosco Church	Cnr Waratah Road & Banskia Avenue Engadine	<ul style="list-style-type: none"> • Free Grocery/Fruit/Bread at 6.45pm every Monday <i>Please check with the provider regarding dietary requirements</i>
St Philips Anglican Church	402 Port Hacking Road Caringbah Tel: (02) 8536 4222	<ul style="list-style-type: none"> • Mobile Food Pantry - \$10 for \$50 worth of food every 2nd Friday from 21st August, 1:30-2:30pm • Free take away dinner on the first Thursday of every month <i>Please check with the provider regarding dietary requirements</i>
Sutherland Food Services Meals on Wheels	430 Kingsway Caringbah Tel: 1300 637 301	<ul style="list-style-type: none"> • Meals delivered between 9:30am-1:30pm, Monday to Friday

	www.sutherlandfoodservices.com.au	Vegetarian <input checked="" type="checkbox"/> Gluten Free <input checked="" type="checkbox"/>
The Movement Sydney	https://www.facebook.com/www.themovementsydneyhomelessoutreach/	<ul style="list-style-type: none"> • Provides free produce, bread, cakes and savouries. • Available 4 days a week in various locations around Sutherland Shire. • Need to join the Facebook group and message them directly <i>Please check with the provider regarding dietary requirements</i>

ST GEORGE

SERVICE	CONTACT DETAILS	WHAT THEY OFFER
Allawah Care	20 River Road Oatley www.allawahchurch.com	<ul style="list-style-type: none"> • Fresh Food Pantry – provides free fresh food to families and individuals in need every Wednesday 3:00pm - 5:00pm <i>Please check with the provider regarding dietary requirements</i>
Baycity Care	Coronation Hall 23 Barden St Arncliffe Tel: (02) 8094 1354	<ul style="list-style-type: none"> • Emergency Food Hampers available • Cheap groceries every Tuesday & Thursday 10am-1pm and 5:30pm to 6:30pm • Free bread, fruit and vegetables available to all Centrelink concession cardholders/ with any purchase <i>Please check with the provider regarding dietary requirements</i>
Brighton/Rockdale St John's Anglican Church	431 Princes Hwy Rockdale Tel: 0420 347 937	<ul style="list-style-type: none"> • Low cost groceries available every second Monday from 10:30am to 11:30am <i>Please check with the provider regarding dietary requirements</i>
Crateful Group	Bexley area only Contact via facebook link: https://www.facebook.com/groups/2498108250219472/ Email: cratefulgroup@gmail.com	<ul style="list-style-type: none"> • Fresh Food Hampers <i>Please check with the provider regarding dietary requirements</i>
Georges River Life Care	23 Stanley Street Peakhurst Tel: (02) 9153 6300	<ul style="list-style-type: none"> • Food hamper and essential pantry items available Wednesday & Friday from 10.00am-12.30pm • Fresh Food Hampers available first and third Wednesday of the month <i>Please check with the provider regarding dietary requirements</i>
Kogarah Storehouse An activity of the Brighton Kogarah Uniting Church	16-18 Gray Street Kogarah Tel: (02) 9587 5761	<ul style="list-style-type: none"> • Emergency Food Parcels available every Wednesday, 1.00pm – 3.00pm <i>*Can remove items if a client has an allergy or is vegetarian but does not specifically cater to those requirements</i>
Resourceful Australian Indian Network	https://www.facebook.com/RAINforSeniors/	<ul style="list-style-type: none"> • Take away meals provided <i>Please check with the provider regarding dietary requirements</i>
Salvation Army	Cnr Bond & Dora Streets Hurstville	<ul style="list-style-type: none"> • Free take away lunch (Hot/Cold & Dessert) – 1st Friday of each month - 12:30pm - 1:30pm

	Tel: (02) 9570 2617	<i>Please check with the provider regarding dietary requirements</i>
Share	Suite 1A 124 Forest Road Hurstville Tel: (02) 8580 0628 www.share.org.au	<ul style="list-style-type: none"> • Free food hampers available • Contact the provider for further information <i>Please check with the provider regarding dietary requirements</i>
St Andrew's Anglican Church	325 Rocky Point Road San Souci	<ul style="list-style-type: none"> • Mobile Community Pantry – low cost food available for \$10 per bag every second Tuesday <i>Please check with the provider regarding dietary requirements</i>
St George Meals on Wheels	7 Holley Road Beverley Hills Tel: (02) 9584 1286 or Tel: (02) 9584 2738 www.stgmownsw.com.au	<ul style="list-style-type: none"> • Main meals provided on a 4-weekly rotating menu <i>Please check with the provider regarding dietary requirements</i>
St Vincent de Paul Society Community Support Centre	183C Forest Road Hurstville Tel: (02) 9580 2459 – Press 1 Welfare	<ul style="list-style-type: none"> • Food vouchers and Food hampers are available but please call for an appointment <i>Please check with the provider regarding dietary requirements</i>

Section 2: Commercially available options

PACKAGED MEAL OPTIONS

SERVICE	CONTACT	WHAT THEY OFFER
A Life Plus (A+)	Tel: (02) 8004 7457 www.alifeplus.com.au	<ul style="list-style-type: none"> • Caters to a large range of dietary requirements • Hand cooked meals, customised to suit preference • NDIS co-payment from \$2.00 per meal • Full payment price, \$10.00 per meal <i>Vegetarian</i> ✓ <i>Vegan</i> ✓ <i>Gluten Free</i> ✓
Be Fit Food	Tel: 1300 263 257 www.befitfood.com.au	<ul style="list-style-type: none"> • Weight loss and healthy meals available for \$10.95 per meal <i>Vegetarian</i> ✓ <i>Vegan</i> ✓
Dietlicious	Tel: 1300 131 070 www.dietlicious.com.au	<ul style="list-style-type: none"> • Weight loss and healthy meals available for \$10.00 per meal • Minimum food order of \$50 <i>Vegetarian</i> ✓ <i>Vegan</i> ✓ <i>Gluten Free</i> ✓
Dineamic	Tel: 03 8669 0587 www.dineamic.com.au	<ul style="list-style-type: none"> • Variety of meals available • Contact for NDIS co-payment price • Full payment price, \$10.00 per meal <i>Vegetarian</i> ✓ <i>Vegan</i> ✓ <i>Gluten Free</i> ✓

Dinner Ladies	Tel: (02) 9666 4194 www.dinnerladies.com.au	<ul style="list-style-type: none"> • Frozen and fresh food delivered to client's door • Minimum food order \$50 • Free delivery for orders over \$200 • Allergy Information available: <input checked="" type="checkbox"/> <i>Vegetarian <input checked="" type="checkbox"/> Vegan <input checked="" type="checkbox"/> Gluten Free <input checked="" type="checkbox"/></i>
Dinnerly	Tel: (02) 9056 7570 https://dinnerly.com.au/	<ul style="list-style-type: none"> • Ingredients and 5 step recipes are delivered • From \$4.95 per meal • Allergy Information available: <input checked="" type="checkbox"/> <i>Vegetarian <input checked="" type="checkbox"/> Vegan <input checked="" type="checkbox"/> Gluten Free <input checked="" type="checkbox"/></i>
Fast Fuel	Tel: 0429 917 721 www.fastfuelmeals.com.au	<ul style="list-style-type: none"> • Variety of nutritious meals that cater to a large range of dietary requirements from \$9.95 per meal <i>Vegetarian <input checked="" type="checkbox"/> Vegan <input checked="" type="checkbox"/> Gluten Free <input checked="" type="checkbox"/></i>
SERVICE	CONTACT	WHAT THEY OFFER
HelloFresh	www.hellofresh.com.au	<ul style="list-style-type: none"> • Quick, easy to follow recipes ready to cook delivered to client's door • From \$8.99 per meal <i>Vegetarian <input checked="" type="checkbox"/></i>
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Jenny Craig	Tel: 131 992 www.jennycraig.com.au	<ul style="list-style-type: none"> • 28 dietitian designed meals – frozen and shelf stable. Free delivery • Approximately \$179 per week with initial assessment and then on-going support for weight loss <i>Vegetarian <input checked="" type="checkbox"/></i>

Kinela	Tel: 1800 431 619 https://www.kinela.com/	<ul style="list-style-type: none"> • Meals designed by Dietitians, delivered to your home • NDIS co-payment price from \$1.50-\$2.00 per meal <i>Vegetarian <input checked="" type="checkbox"/></i>
Marley Spoon	Tel: (02) 6415 2910 www.marleyspoon.com.au ✉ contact@marleyspoon.com.au	<ul style="list-style-type: none"> • Meal kits of ingredients for you to cook delivered to client's door • From \$8.50 per meal <i>Vegetarian <input checked="" type="checkbox"/> Vegan <input checked="" type="checkbox"/></i>
My Body Fuel	Tel: 0451 509 098 https://www.mybodyfuel.com.au/single-meals/?v=322b26af01d5	<ul style="list-style-type: none"> • Free delivery of quick and easy meal plans that can be selected online • From \$9.95 per meal <i>Vegetarian <input checked="" type="checkbox"/> Vegan <input checked="" type="checkbox"/></i>
My Muscle Chef	https://www.mymusclechef.com/signup	<ul style="list-style-type: none"> • Healthy meals available for breakfast, lunch and dinner – can build your own meal plan • Allergy Information available: <input checked="" type="checkbox"/> <i>Vegetarian <input checked="" type="checkbox"/> Vegan <input checked="" type="checkbox"/> Gluten Free <input checked="" type="checkbox"/></i>
Nourish'd	Tel: 0434 878 004	• Meals available

	www.nourishd.com.au	<ul style="list-style-type: none"> • NDIS co-payment price from \$2.30 per meal • Full payment price, \$11.75 per meal <i>Vegetarian</i> <input checked="" type="checkbox"/> <i>Gluten Free</i> <input checked="" type="checkbox"/>
Soulara	www.soulara.com.au	<ul style="list-style-type: none"> • Plant based meals available • Contact for NDIS co-payment price • Full payment price, \$11.50 per meal <i>Vegetarian</i> <input checked="" type="checkbox"/> <i>Vegan</i> <input checked="" type="checkbox"/>
Tender Loving Cuisine	Tel: 1800 801200 www.tlc.org.au	<ul style="list-style-type: none"> • Caters to a large range of dietary requirements • NDIS co-payment price from \$2.00-\$3.50 per meal • Full payment price, \$8.40 per meal <i>Vegetarian</i> <input checked="" type="checkbox"/> <i>Gluten</i> <input checked="" type="checkbox"/> <i>Dairy Free</i> <input checked="" type="checkbox"/>
The Good Meal	Tel: 1800 155 255 www.goodmeal.com.au	<ul style="list-style-type: none"> • Meals available • NDIS co-payment price from \$1.50-\$3.00 per meal • Full payment price, \$7.50 per meal <i>Vegetarian</i> <input checked="" type="checkbox"/>
We Feed You	Tel: 1300 853 239 www.wefeedyou.com.au	<ul style="list-style-type: none"> • Frozen meals available • Contact for NDIS co-payment price • Full payment price, \$10.95 per meal <i>Vegetarian</i> <input checked="" type="checkbox"/> <i>Vegan</i> <input checked="" type="checkbox"/> <i>Gluten Free</i> <input checked="" type="checkbox"/>
Weight Watchers	www.weightwatchers.com.au	<ul style="list-style-type: none"> • Chilled ready-made meals • Subscription costs apply <i>Vegetarian</i> <input checked="" type="checkbox"/> <i>Vegan</i> <input checked="" type="checkbox"/> <i>Gluten Free</i> <input checked="" type="checkbox"/>
Youfoodz	Tel: (07) 3733 2560 www.youfoodz.com	<ul style="list-style-type: none"> • Fresh ready-made meals, protein-packed snacks & cold-pressed juices delivered to client's door Allergy Information available: <input checked="" type="checkbox"/> <i>Vegetarian</i> <input checked="" type="checkbox"/>

SMALL BUSINESS PROVIDERS

Please contact each business direct regarding any dietary requirements

BUSINESS	CONTACT DETAILS	WHAT THEY OFFER
A&S Select Meats	1159 Botany Road Mascot Tel: (02) 9667 1891 as-selectmeats.com.au	<ul style="list-style-type: none"> • You can order, pay online and organise delivery when you spend \$150 or more. • 7 days a week from 5:30am-5:30pm • Delivery from 9am-1pm
COOH Bourke Road	90-96 Bourke Road Alexandria Tel: (02) 9002 1333 https://www.bourkeroad.coo.com.au/	<ul style="list-style-type: none"> • Fresh and healthy ingredients • Takeaway Breakfast and Burgers and Salads for Lunch • Order Through Uber Eats Delivery and Deliveroo App • Delivery within 2km and around Alexandria

EVERFRESH FARM PRODUCE MERCHANT – Fresh Fruit & Veggie Wholesaler	Small family business Tel: Charlie: 0414 467 370 ✉ everfresh@live.com.au	<ul style="list-style-type: none"> • Hours: 8am-2pm May or may not be open for dinner at 5:30pm • Order before 1pm for delivery on a Tuesday, Wednesday and Thursday in St George & Sutherland areas, Eastern Suburbs and Western Suburbs 1- Ultimate Box: \$125 (28 items) 2- Handybox: \$75 (16 items) • Customise your fruit and veggies box
Fratelli Fresh	https://shop.fratellifresh.com.au/	<ul style="list-style-type: none"> • Delivers groceries and meal packs
Lakes Gourmet Deli Specialty Grocery Store	Shop 4,19A Evans Avenue Eastlakes Tel: (02) 9667 4776 or Mary (owner) on 0420 207 172 to order	<ul style="list-style-type: none"> • Continental Delicatessen - range of local and imported small goods, cheeses and groceries. • Delivery will be organised by the owners after 6pm to the following communities: Eastlakes, Mascot, Kingsford, Kensington, & Maroubra • Cash only • Hours: 8am-6pm
Malabar Bakery Pty Ltd	737 Anzac Parade Maroubra Tel or Text to order: 0401 963 227	<ul style="list-style-type: none"> • Manoosh Pizza, Falafel Wraps, Pockets, Home cooked lunch specials • Order fresh and baked • Option to order fresh and freeze • Delivery service available • Payment by card and electronically • Hours: Mon-Fri: 7am-4pm - Sat-Sun: 7am-3pm

TAKE-AWAY FOOD DELIVERY OPTIONS

Please contact each business directly regarding any dietary requirements.

SERVICE	CONTACT DETAILS
Deliveroo	Tel: 1800 766 766 ✉ restaurants@deliveroo.com.au
Menulog	https://www.menulog.com.au/
Uber Eats	https://www.ubereats.com/restaurant/en-AU/signup
Zoom2u	Tel: 1300 326 150 https://www.zoom2u.com.au/