

Community Food Guide 2022

Supporting people in the City of Melbourne to access and grow affordable, healthy and culturally appropriate food.

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# Introduction

Everyone in our community has the right to access nutritious, affordable, safe and culturally appropriate food to support their health and wellbeing. However, many people within the City of Melbourne face daily challenges accessing food,

with one in three residents experiencing food insecurity in 2021 (City of Melbourne Community Indicators Survey, 2021).

This guide has been created to provide information on community food programs, services and resources within the City of Melbourne and surrounding suburbs across the following categories:

1. Community meals, including free and low cost meals.

2. Food banks, parcels, pantries and vouchers.

3. Fresh food and groceries, including markets, co-ops, food delivery and shopping support.

4. Community food gardens.

5. Food education, including cooking and nutrition classes.

City of Melbourne has divided the guide into these five sections to help you easily find the information you need.

You can also access and download a copy of this guide via Community Food Guide - City of Melbourne.

An interactive community food map has been created to support service providers and community members to access information online about community

food programs, services and resources nearby their location. You can access the map via Community Food Guide - City of Melbourne.

# Acknowledgement of Traditional Owners

The City of Melbourne respectfully acknowledges the Traditional Owners of the land we govern, the Wurundjeri Woi Wurrung and Bunurong Boon Wurrung peoples of the Eastern Kulin and pays respect to their Elders past, present and emerging.

We acknowledge and honour the unbroken spiritual, cultural and political connection the Wurundjeri, Bunurong,

Dja Dja Wurrung, Taungurung and Wadawurrung peoples of the Eastern Kulin have to this unique place for more than 2000 generations.

We are committed to our reconciliation journey, because at its heart, reconciliation is about strengthening relationships between Aboriginal and non-Aboriginal peoples, for the benefit of all Victorians.

## The Impact of COVID-19 on Services

COVID-19 has impacted the way our food relief providers provide food relief services to our community.

Many have pivoted their onsite community meal programs to takeaway or food parcel pick up services as well as providing home delivery. Food relief providers continue

to assess their community’s preferences, their staff or volunteer capability and capacity to respond to the changing nature of food access need.

The guide has captured the current program approach of the providers listed however City of Melbourne encourages users of this resource to call the service to understand any adjustments to how services are being delivered.

## Updating the guide: tell us about programs missing using the online form

If you’d like to suggest an inclusion or update to a program or service listed in this guide, visit [Community Food Guide](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/cohealth.org.au) and use the online form. We will update the online map and the Community Food Guide regularly as we receive information provided by our community and stakeholders.

## Food safety and how you can provide free food in the City of Melbourne

If you offer a program or service that donates or provides free food to the community, you must contact

City of Melbourne’s Health and Wellbeing branch on (03) 9658 9658 to discuss your food safety requirements with one of our Environmental Health Officers.

## Disclaimer

The information contained in the Community Food Guide is correct at the time of publication (July 2022).

Please bear in mind some information will have changed at the time of reading and it’s important that you confirm the information in this guide with the agencies directly.

Programs and services listed in this guide are not endorsed or affiliated by the City of Melbourne (with the exception of council-run or contracted services) and are subject to change at any time.

# Community and takeaway meals

These services provide free, low cost or subsidised meals to members of the community, often within a social setting to engage community and allow for a welcoming environment and warm conversation.

## City of Melbourne’s community meals subsidy

The City of Melbourne provides community meal subsidies to eligible not- for-profit organisations that support older people to meet, take part in activities and share a meal on a regular basis. Getting together to share a meal contributes to wellbeing, friendships and builds stronger communities. A meal subsidy of $5.00 per person is available to not-for-profit organisations supporting people over the age of 55 based on the average number of participants at a usual group meeting to a maximum of 175 participants. The subsidy can be used for a maximum number of 12 meal sessions to be held during the year or alternatively can be used flexibly for members who because of COVID-19 are not able to attend face to face meal sessions at any time during the year. There are currently over 40 diverse community groups providing regular meals and other activities to older people in the City of Melbourne.

For general enquiries and assistance please contact Healthy Ageing on 9658 9507 on Mondays and Tuesdays during office hours or email healthyageing@melbourne.vic.gov.au

## Delivered Meals

Older people who are experiencing difficulties with preparing their meals, may be eligible to access a delivered meals service and will require an assessment to discuss their needs and eligibility. Prepared meals are delivered across the City of Melbourne municipality to people in their homes at lunch time, Monday to Friday, and you need to be at home to receive the meal. There is a

co-payment for the meals. For people over 65, access to this service is via My Aged Care. Residents can call My Aged Care on 1800 200 422. For people under 65, need and eligibility for service is assessed by Mecwacare who can be contacted on 1800 163 292.

# Community and takeaway meals

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| --- | --- | --- | --- | --- | --- |
|   | Who & where | What | When | Cost & conditions | Accessibility |
| Melbourne | From Us 2 You20 Rebecca Walk, Melbourne, 3000 Batman Park just down from Blue Tongue Bike Tours outdoors.[From us 2 You | Facebook](https://www.facebook.com/groups/170327629970644/) | Community meal Cooked meals and groceries available. | Tue and Thu 1.30pm – 3pm until food is all gone.Sun9.30am – 11am until food is gone. | Free | Disability access flat groundno stairs. |
| Melbourne | Hare Krishna Food For Life MelbourneCrossways, 147 Swanston StreetMelbourne, 30009650 2939[crosswaysfoodforlife@gmail.com](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/kensingtonneighbourhoodhouse.com)crosswaysfoodforlife.com.au/about-us | Community meal Restaurant offering vegetarian, vegan- friendly and wheat-free mains. Halava desserts are vegetarian and made of fruits and semolina. | Mon – Sat11.30am – 8pm | Full price$9.50 (concession$7.50) for all you can eatAdd $0.50 for take-away. | Contact organisation for information. |
| Melbourne | Salvation Army Lighthouse Cafe 69 Bourke Street,Melbourne, 30009653 3299 or1800 266 686[salvationarmy.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/cohealth.org.au) | Community meal Providing free breakfast, lunch and dinner alongside support to people from all walks of life. | DailyBreakfast9am – 10.30amLunch 11.30am – 1pmDinner5pm – 7pm | FreeOpen to everyone.Contact the agency directly for more information. | Contact organisation for information. |
| Melbourne | The Humble Mission5 Norval Place,Melbourne, 3000Direct message @thehumblemission on Instagram or Facebook[thehumblemission@hotmail.com](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/kensingtonstockyardfoodgarden.org)[thehumblemission.com](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/thehumblemission.com) | Community and takeaway meal | Sat1.30pm – 3pm | Free Open to everyone. | Contact organisation for information. |

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|   | Who & where | What | When | Cost & conditions | Accessibility |
| Melbourne | The Big UmbrellaFederation Square and Russell St, Melbourne, 3000[info@thebigumbrella.org](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/cohealth.org.au)[thebigumbrella.org](https://www.melbourne.vic.gov.au/community/health-support-services/health-services/Pages/community-food-guide.aspx) | Community meal Hot meals made from rescued and purchased food.Grocery pantry items also available to take away. | Wed, Thu 7.30pm – 8.45pm | FreeOpen to everyone. | Contact organisation for information. |
| Fitzroy | Brotherhood of St Laurence - Coolibah Centre67a Brunswick Street, Fitzroy, 3065Contact Robert Lorenzetto (Welfare Coordinator) 9483 1323 or 1300 147 147[rlorenzetto@bsl.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/ceresfairfood.org.au) | Community meal Additional classes including gardening, gentle exercise and art & crafts are also offered. | Mon – Fri 9am – 3pmSun & public holidays 10am – 2pmContact agency for schedule of activities. | Age criteria is 55+To participate in classes person must be a member of the Coolibah day service. Contact agency for schedule of fees, consideration is given to those experiencing financial hardship. | Ground floor venue without steps. |
| Fitzroy north | Open Table Bargoonga Nganjin North Fitzroy Library, 182-186 St Georges Rd, Fitzroy North, 3068 [hello@open-table.org](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/mfm.com.au/pages/carlton-farmers-market)[open-table.org](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/open-table.org) | Community and takeaway mealFree vegetarian lunch, vegan and halal options available. Cooked and served fresh onsite using food that would otherwise be wasted. Bring a container to take-away any leftovers and a bag for any surplus fruits and vegetables. | Sat 1pm (except public holidays). | Free | Located on level 2, lift access. |
| Footscray | Asylum Seeker Resource Centre (ASRC)214-218 Nicholson Street, Footscray, 30119326 6066foodandgoods@asrc.org.au | Community meal Meal service of hot food served daily. Consumed in dining hall with other members, volunteers and some staff. | Mon – FriLunch 12.30pm –1.15pm (based upon availability)Contact ASRC for details on closure during public holidays and closure on last Wednesday of each month. | FreePersons seeking asylum and refugees who are members of the ASRC only.Visit the website or call the agency for the most up-to-date information. | Contact organisation for information. |

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|   | Who & where | What | When | Cost & conditions | Accessibility |
| St Kilda | Christ Church Mission Community Centre14 Acland St, St Kilda, 31829534 9250[communitycentre@ccm.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/cohealth.org.au)ccm.org.au | Community meal Bag of fresh produce also available to takeaway. | Thu5.30pm – 6.45pm | Free Open to everyone. | Contact organisation for information. |
| St Kilda | Kehilat Nitzan(in conjunction with the Fr Bob Maguire Foundation)Alma Park West, Alma Road, St Kilda, 3181 (near the corner of Alma Road and Chapel Street).info@kehilatnitzan.org.au[kehilatnitzan.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/kehilatnitzan.org.au) | Takeaway meal | Tues6pm – 6.45pm | Free | Pavement service - no accessibility restrictions. |
| St Kilda | Nourish/Temple Beth Israel(in conjunction with the Fr Bob Maguire Foundation)76 Alma Road, St Kilda, 3182 [tbi.org.au/nourish](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/tbi.org.au/nourish) | Takeaway meal | Mon5.15pm – 6.30pm | Free | Pavement service - no accessibility restrictions. |
| St Kilda | Sacred Heart Mission87 Grey Street, St Kilda, 31829537 1166info@sacredheartmission.orgsacredheartmission.org | Community meal Provides nutritious meals to people who are socially disadvantaged and isolated or experiencing homelessness. | DailyTakeaway breakfast and lunch package provided from 10am – 1pm. | Free Open to everyone. | Contact organisation for information. |

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|   | Who & where | What | When | Cost & conditions | Accessibility |
| Albert Park | Hare Krishna Food For Life MelbournePrasadam Hall,197 Danks Street, Albert Park, 32069699 5122info@harekrishnamelbourne.com.auharekrishnamelbourne.com.au/food-for-life | Community mealServing vegetarian breakfast, lunch and dinner in the Prasadam Hall. | Daily9am breakfast 1pm lunch Mon – Fri5.30pm dinnerSat – Sun6pm dinner | Free Open to everyone. | Contact organisation for information. |
| Albert Park | Parish of the Parks St Silas Church Hall 99 Bridport Street, Albert Park, 32069696 5116sundaysuppers@parishoftheparks.com.auparishoftheparks.com.au | Takeaway mealTakeaway hot meal & a freshly baked muffin. | Sun4.30pm onwardsClosed over Christmas and New Year. | Free Open to everyone. | Contact organisation for information. |
| South Melbourne | Emerald Hill Mission377 Dorcas St, South Melbourne, 3205 (rear of 377 Dorcas St)[maryannenunan@optusnet.com.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/thebigumbrella.org) | Community mealHot meals and food parcels available. | Mon – Thu9.30am – midday (hot meal and food parcels)Fri11am – 2pm (hot lunch) | Free Open to everyone. | Contact organisation for information. |
| St Kilda West | Emerald Hill Mission Food VanCleve Gardens, Cnr Beaconsfield Pde and Fitzroy St,St Kilda West, 3182 [maryannenunan@optusnet.com.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/salvationarmy.org.au) | Takeaway meal | Wed 5.15pmFri 7pm | Free Open to everyone. | Contact organisation for information. |

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|   | Who & where | What | When | Cost & conditions | Accessibility |
| Prahran | Uniting Prahran Hartley’s Meals211 Chapel Street, Prahran, 31819051 1400unitingprahran.org.au | Community and takeaway mealTake away available at cost.Meat and vegetarian lunch option available in the community dining room. | Mon – Fri 11am – 1.45pm | Low costFree lunch meals available for people with a Health Care Card (conditions apply). | Ground floor, ramp access. |
| Prahran | Uniting Prahran Hartley’s Meals211 Chapel Street, Prahran, 31819051 1400[unitingprahran.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/unitingprahran.org.au) | Community meal Breakfast in the community dining room. | Mon – Fri7.30am – 9.30amAvailable April until the end of September. | Gold coin donation appreciated for breakfastEveryone welcome. | Ground floor, ramp access. |

# St Vincent De Paul Soup Van Program

The Vinnies Soup Van Program offers free takeaway soup, sandwiches, fruit and other food and drinks at public locations across Victoria. The service is free and open to everyone. Visit their website or contact the agency directly for the most up to date information on soup van locations and times (phone: 9895 5800 or email: soupvans@svdp-vic.org.au).

## Inner City

Contact: Soup Van Manager

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|   | Where | When |
| North Melbourne | 201-241 Macaulay Road North Melbourne – Clayton Reserve (the dog park). | Mon – Sat 7pm |
| Fitzroy | King William Street, corner Young Street adjacent All Saints Parish Church, Fitzroy. | Mon – Sat 7.30pm |
| Melbourne | 297 Flinders Street Melbourne CBD, between Swanston St & Elizabeth St. | Mon – Sat 8pm |

## Footscray

Contact: Soup Van Manager

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|   | Where | When |
| Footscray | Empire Street Footscray – Heatley Reserve Playground. | Wed6.15pm |
| Footscray | Cross Street, West Footscray - West Footscray Train Station Carpark. | Tue – Fri 7.45pmSat 5.45pm |
| Footscray | 56 Paisley Street Footscray - Library Carpark. | Wed 6.15pm |
| Footscray | Swaby Square and Munro Square, Footscray. | Thu 6.45pm |

# Food Banks, Parcels, Pantries and Vouchers

These services provide food parcels that can include pantry staples and fresh food and/or food vouchers or gift cards, such as for a local supermarket, to people in need\*. Some services provide a food pantry, allowing individuals to select their own food.

Most of the services listed also offer information, support and financial or material aid to meet an immediate need.

\*Note: There may be restrictions or exclusions, such as cigarettes or alcohol. Some services may require a Health Care Card. Also note that level of assistance is dependent on the availability of staff (often volunteers), as well as supplies of food, vouchers or other assistance.

# Food banks, parcels, pantries and vouchers

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|   | Who & Where | What | When | Cost & Conditions | Accessibility |
| East Melbourne | CatholicCare Victoria Emergency Relief Program383 Albert Street, East Melbourne, 30020456 948 664catholiccarevic.org.au | Food vouchersWe provide food and fuel vouchers both card and digital.Assistance with household bills can be offered. | Mon – Fri9.30am – 3.30pm | Free | Contact organisation for information. |
| Carlton | Church of All Nations Community Support Centre180 Palmerston Street, Carlton, 3053Grace 9347 7077 or 0484 062 862 (emergency relief mobile)[admin@cancarlton.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/crosswaysfoodforlife.com.au/about-us) | Food pantryFinancial assistance with bills and PBS scripts available. | Thu10am start food market (line up out the back of the building, market finishes when food is exhausted).Pantry is open by appointment only on Tue, Wed, Thu every three weeks (long-life and toiletries available to collect). | FreeOpen to those living in Parkville, Carlton, Carlton North, Melbourne CBD, North Melbourne, West Melbourne, Fitzroy and Fitzroy North or with no fixed address. Concession or Health Care Card required. Pantry is available by appointment only. | Contact organisation for information. |
| North Melbourne | Hotham Mission2 Elm St, North Melbourne, 30519326 8245(Mon - Fri 9am - 5pm)[programs@hothammission.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/sacredheartmission.org) | Food parcelBag of long-life food to last 1 week. | Mon – FriCall ahead to arrange pickup of a bag of long-life food items to last 1 week. | FreeOpen to everyone however note that the service is most suitable for individuals living near North Melbourne.Please call ahead and arrange pickup of the food parcelin advance. | Contact organisation for information. |

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|   | Who & Where | What | When | Cost & Conditions | Accessibility |
| Kensington | McCracken St Food Share Pantry Kensington Neighbourhood House 89 McCracken St Kensington, 30319376 6366Search on Facebook for McCracken St Food Share Pantry for updates | Food pantryTake what you need and give what you can at any time.Includes long-life food, pet food and toiletries.Donating?Simply drop off long-life items in the pantry. | Open 24/7Long-life foods available.First Tuesday of every month market day with fresh produce donated from Kensington Stockyard Food Garden. | Free | Located on the veranda of Kensington Neighbourhood House. |
| Melbourne | Returned & Services League of Australia, Victorian Branch Vivian Bullwinkle Veterans and Veterans Families Wellbeing CentreLevel 3, 293 Swanston StreetMelbourne, 3000Contact Veteran Central 1300 645 838[veterancentral@rslvic.com.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/mfm.com.au/pages/abbotsford-farmers-market) | Food vouchersOther services also provided. Support for former or serving members of the Australian Defence Force or Allied Forces and for their dependantswho are experiencing financial hardship. | Mon – Fri9am – 5pmClosed public holidays. | FreeOpen to former or serving members of the Australian Defence Force or Allied Forces and for their dependants who are experiencing financial hardship.For information and to ascertain if you are eligible for assistance, please contact agency directly. | Contact organisation for information. |
| Melbourne | Salvation Army The MarketplaceLevel 1, 69 Bourke Street, Melbourne, 30009653 32991800 266 686[salvationarmy.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/salvationarmy.org.au) | Food pantryProvides practical and limited financial assistance and a wide selection of food, clothing and other necessities to people who are homeless or disadvantaged. | Mon – Thu9.30am – 12.30pm | FreeOpen to those experiencing homelessness or disadvantage.Current health care card is required. | Lift access available. |

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|   | Who & Where | What | When | Cost & Conditions | Accessibility |
| Melbourne | The Humble Mission5 Norval Place, Melbourne, 3000Direct message @ thehumblemission on Instagram or Facebookthehumblemission@hotmail.comthehumblemission.com | Food parcelLong-life food and toiletries available on an individual basis. | Individual parcel pickup on request | FreeOpen to everyone. | Contact organisation for information. |
| North Melbourne | St Vincent de Paul Society Victoria Soup Van Program Pantry Van ServiceCorner of Boundary Road and Macaulay Road, North Melbourne, 3051 - Clayton Reserve(the Dog Park) ContactMelissa Walton - Soup Van Manager 9895 5800[soupvans@svdp-vic.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/ccm.org.au)[vinnies.org.au/soupvansvic](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/parishoftheparks.com.au) | Food pantryMilk, fresh fruitveggies, bread, pantry items, frozen meals and toiletries are also available. | Mon2pm – 3.30pm | FreeOpen to everyone. Visit the website or contact the agency directly for the most up-to- date information. | Contact organisation for information. |
| Flemington | Presbyterian and Scots Church Joint Mission (Flemington Mission) St Stephen’sChurch Hall 28 Norwood Street, Flemington, 3031Contact Andrew Wong 9376 3777st.stephens@scotschurch.com | Food parcelsFood parcels including fresh fruit and vegetables. | Tue10am – 1pmClosed public holidays and from Christmas to end of January. | FreeOpen to everyone. | Contact organisation for information. |

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|   | Who & Where | What | When | Cost & Conditions | Accessibility |
| Fitzroy | AnglicareFitzroy Mission House 118-120 Napier StreetFitzroy, 3065 (Entry is off Little George Street)9486 0445 | Food bank and food parcels | Tue – Fri10am – 2pm | FreeMust live in the following postcodes: 3000, 3051, 3053, 3054, 3065, 3066, 3067, 3068 and 3070 and live in public housing and rental properties with a Health Care Card. | Ground floor. Front entrance has one small step. |
| Fitzroy | AnglicareSt Marks Church Community Centre250 George Street Fitzroy, 3065Contact Wayne Gleeson (Team Leader) 9419 3288 | Food parcels Food parcels can be collected via an opened window to maintain physical distancing. | Mon – Fri11.30am – 2.30 pm | FreeRough sleepers and people experiencing chronic homelessness. | Ground floor. Has 5 steps to building.Staff can provide provisions to those with a disability through side door (ring bell). |
| Fitzroy | Cultivating Community, Open Table and Yarra LibrariesFitzroy Community Food Centre, next to 125 Napier St, Fitzroy, 3065Contact Peta Christensen 9429 3084peta@cultivatingcommunity.org.au | Food parcelsFresh food and some long-life food items. | 2nd Friday of the month 1pm – 3pm | Free | Contact organisation for information. |
| Richmond | Richmond Churches Food CentreSt Ignatius Church, 326 Church St, Richmond, 3121 (located behind the church)Contact Francis Flood 0493 104 144rfoodcentre@gmail.comrichmondchurches.weebly.com | Foodbank, parcels and vouchers Additional items including toiletries, sanitary products and baby care items are provided. | Mon10am – middayClosed public holidays. | Free | Contact organisation for information. |

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|   | Who & Where | What | When | Cost & Conditions | Accessibility |
| Footscray | Asylum Seeker Resource Centre (ASRC)214-218 Nicholson Street, Footscray, 30119326 6066[foodandgoods@asrc.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/thecommunitygrocer.com.au/carlton) | Food bankGrocery store set up for eligible members including fresh vegetables and fruit, canned goods, dry goods, biscuits, bread, dairy and toiletries.Availability of products based upon household family member size. | Mon – Fri10.30am – 3.30pmContact ASRC for details on closure during public holidays and closure on last Wednesday of each month. | FreePersons seeking asylum and refugees who are members of the ASRC only.Visit the website or call the agency for the most up-to-date information. | Contact organisation for information. |
| Albert Park | Parish of the Parks St Silas Church Hall 99 Bridport Street Albert Park, 32069696 5116[sundaysuppers@parishoftheparks.com.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/harekrishnamelbourne.com.au/food-for-life)[parishoftheparks.com.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/parishoftheparks.com.au) | Food Parcel | 1st Sunday of each month 4.30pm – 5.30pm | FreeOnly for residents of Port Phillip Council who have a concession or Health Care Card. | Contact organisation for information. |
| South Melbourne | The Fr Bob Maguire Foundation204 Gladstone Street, South Melbourne, 3205 | Food parcel Basic groceries, pantry items,pre-cooked frozen meals, toiletriesand food pantry pet food. | Mon, Tue, Thu, Fri10am – 2pm | FreeHealth Care Card, Pension Card, or people in crisis requiring emergency support welcome. | Pavement service- no accessibility restrictions. |
| St Kilda | Christ Church Mission Community Centre 14 Acland St, St Kilda, 31829534 9250communitycentre@ccm.org.auccm.org.au | Food parcel and pantryIncludes fresh fruit, vegetables, dairy products, long-life foods and takeaway meals to self-select. | Food parcels Mon – Fri 10.30am – 1.30pmFood pantryOpen 24/7 | FreeOpen to everyone. | Contact organisation for information. |

# Fresh food and groceries

There are a number of options in Melbourne to access fresh, locally produced fresh food and groceries.

## Fresh food markets

We’re fortunate in Melbourne to have a number of fresh food markets operate regularly at public locations. These often allow farmers and food producers to sell their fresh produce direct to the community, often for less than you’d pay in the grocery store or supermarket. If you go towards the closing time of the market, some vendors may sell their remaining perishable items at a discount. Fruits and vegetables that are in season are cheaper and fresher. Entry is free to most markets, or it’s a gold coin donation.

## Food cooperatives

A food cooperative (or co-op) operates like grocery stores that is collectively started, owned and run by its members. Co-ops often buy food in bulk from wholesalers or have direct relationships with producers. This type of purchasing allows co-op members to purchase fresh, quality food, often at reduced prices. Buying ‘bulk’ doesn’t mean you have to buy lots of it, just come in and refill your container and pay by weight.

Most co-ops specialise in natural, organic and locally grown foods. Members usually pay an annual fee which goes towards the co-ops running costs.

### Food delivery

Get groceries delivered to your home with these programs, which offer online ordering and home delivery of locally- grown produce. If you prefer to shop at major supermarkets, Coles, Woolworths and IGA also offer home delivery services.

For Coles, call 1800 455 400 or Coles.

For Woolworths, call 1300 666 377 or Woolworths.

For IGA, call 1800 018 0384 or IGA.

# Fresh food and groceries

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|   | Who & Where | What | When | Cost & Conditions | Accessibility |
| Melbourne | Queen Victoria Market Corner of Victoria Street and Elizabeth Street, Melbourne, 30009320 5822qvm.com.au | Fresh food market Melbourne’s largest market and historic landmark, where you can shop for everything from Australian fruit and vegetables, and local and imported gourmet foods, to cosmetics, clothing and souvenirs. | Tue, Thur, Fri6am – 3pmSat 6am – 4pmSun 9am – 4pmOnline ordering available for delivery or click and collect. Delivery is charged at $15 per order.Check website for public holiday closures and Winter Markets on Wednesday nights. | Free entry | Contact organisation for information. |
| Carlton | The Community Grocer CarltonCarlton Public Housing Estate478 Drummond St, Carlton, 3053thecommunitygrocer.com.au/carlton | Fresh food marketThe Community Grocer offers a variety of in season and culturally appropriate fruit and vegetables at affordable prices. | Fri8am – midday | Affordable fresh fruit and vegetables | Contact organisation for information. |
| Kensington | The One Box Group 1/ 358 Arden Street, Kensington, 30311300 294 466[freshfoodproject@theonebox.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/unitingprahran.org.au)[theonebox.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/theonebox.org.au) | Food deliveryThe Fresh Food Project offers a range of seasonal fruit and vegetables and staples at approx. 50% off its recommended retail value. | Free delivery is available Tue & Frifor City of Melbourne council residents or choose Click& Collect Tue to Thu 9am – midday from Kensington 3031. Bulk delivery for charities & community organisations is also available. Delivery is free within City of Melbourne or free with a 10 box minimum for other areas. | Starting from $8.50 for boxes of affordable fresh produce and staples | Contact organisation for information. |

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|   | Who & Where | What | When | Cost & Conditions | Accessibility |
| Carlton North | Melbourne Farmers Markets Carlton Carlton North Primary School Corner Canning and O’Grady Streets, Carlton North, 30540499 448 860[mfm.com.au/pages/carlton-farmers-market](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/catholiccarevic.org.au) | Farmers market Stallholders sell seasonal Victorian produce including fruit, vegetables, free range eggs and meats, dairy and cheeses, breads and pastries. | Sun9am – 1pm | Entry by voluntary $2 donation (card only) | Contact organisation for information. |
| Online only | Ceres Fair Food Contact Shell (Customer Service) Mon – Fri8am – 5pm 8673 6288[info@ceresfairfood.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/thehumblemission.com)ceresfairfood.org.au | Food deliveryFresh, seasonal organic fruit, vegetables & herbs sourced locally whenever possible, as well as organic and ethical groceries, including dairy, eggs, fresh bakery goods, pantry staples, snacks, beverages, heat & serve products, cleaning & body products & more. | To purchase food order online at any time.Next-day delivery, and delivery everyday Monday to Saturday is offered. | See website for pricing and delivery zone details.Minimum order spend is $40, with a delivery fee of $7.50. FREE delivery for orders over $75. | We are happy to help however we can. Our drivers will carry boxes up stairs or lifts as required. For special arrangements or phone orders, please get in contact with our customer service team. Delivery service only. We don’t have a retail shop front. |
| Flemington | Flemington Farmers Market169-175 Mount Alexander Road, Flemington, 3031Contact Don Linke 0407 411 198info@flemingtonfarmersmarket.com.au[flemingtonfarmersmarket.com.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/flemingtonfarmersmarket.com.au) | Farmers market Stallholders sell fresh food and local produce, all grown and made themselves. | Sun8am – middayClosed over Christmas. | Free entry | Contact organisation for information. |

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|   | Who & Where | What | When | Cost & Conditions | Accessibility |
| Fitzroy | The Community Grocer FitzroyAtherton Gardens Estate90 Brunswick Street,Fitzroy, 3065[thecommunitygrocer.com.au/ fitzroy](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/thecommunitygrocer.com.au/%20fitzroy) | Fresh food marketThe Community Grocer offers a variety of in season and culturally appropriate fruit and vegetables at affordable prices. | Tues9am – 1pm | Affordable fresh fruit and vegetables | Contact organisation for information. |
| Fitzroy | Cultivating CommunityHighrise Community BakeryFitzroy Community Food CentreNapier Street, Fitzroy, 3065Contact Peta Christensen 9429 3084peta@cultivatingcommunity.org.au | Fresh food marketMicro-community bakery based on the Atherton Gardens Housing Estate in Fitzroy. All money raised from sales goes back into the community bakery. | Tues9am – 1pmLocated at The Community Grocer Fitzroy Market stall. | Affordable breads and baked goods | Contact organisation for information. |
| Collingwood | Friends of The Earth312 Smith Street,Collingwood, 30669417 4382food@foe.org.au | Food co-op and café Provides affordable, locally grown, organic food. Bring your own bags and containers or cup for take away tea and coffee. The café also offers cheap, vegan meals with gluten free options. Lunchtime meals from 12pm using food from the co-op. Meals and drinks are available for takeaway.Offers pre-packed grocery items, and has an online click and collect service. | Mon – Sat10am – 5pmCheck website for closures on public holidays. | Low cost foods and mealsAnnual membership for coop is available. Members get a 5% discount off their shopping in the co-op. | Contact organisation for information. |

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|   | Who & Where | What | When | Cost & Conditions | Accessibility |
| Abbotsford | Melbourne Farmers Market Abbotsford Abbotsford ConventSt Heliers Street, Abbotsford, 30670499 448 860[mfm.com.au/pages/abbotsford-farmers-market](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/vinnies.org.au/soupvansvic) | Farmers market Stallholders sell seasonal Victorian produce including fruit, vegetables, free range eggs and meats, dairy and cheeses, breads and pastries. | Sat8am – 1pm | Entry by voluntary $2 donation (card only) | Contact organisation for information. |
| Brunswick East | Urban OrchardAt CERES: Corner Roberts and Stewart Streets, Brunswick East, 3057urbanorchard@ceres.org.au[facebook.com/urbanorchardbrunswick](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/facebook.com/urbanorchardbrunswick) | Fresh food marketThe Urban Orchard is a free community initiative where people can share and swap excess produce from their backyard gardens. | Sat10am – 1pm(when CERES market is open). Table located outside CERES grocery. | FreePeople leave their excess fruit, vegetables, herbs etc. on the swap table and take produce others have dropped off.No membership required. There is no requirement to leave produce on the same day.Visit the table on market day to get involved. | Accessible via ramp from the car park. Some uneven ground. |
| South Melbourne | South Melbourne MarketCorner of Coventry and Cecil Streets, South Melbourne, 32059209 6295southmelbournemarket.com.au | Fresh food marketA village market, where people come not only to purchase fresh local food, but to meet, eat, drink, shop, share and connect. | Wed, Sat, Sun 8am – 4pm Fri8am – 5pmCheck website for public holiday closures. | Free entry | Contact organisation for information. |

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|   | Who & Where | What | When | Cost & Conditions | Accessibility |
| South Yarra | Prahran Market163 Commercial Road,South Yarra, 31418290 8220management@prahranmarket.com.au | Fresh food marketSelling high quality fruit and vegetables, a wide range of certified organic produce, sustainable seafood, free range meat, poultry and more. | Tue, Thu, Fri, Sat7am – 5pmSun10am – 3pmCheck website for public holiday closures. | Free entry | Contact organisation for information. |
| Footscray | Slow Food Melbourne North FootscrayBarrett Reserve 55-57 Essex St,West Footscray, 30120438 318 319[contact@slowfoodmelbourne.com.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/ccm.org.au)slowfoodmelbourne.com.au/ farmers-markets | Farmers market | 2nd Saturday of the month9am – 1pmCheck website for dates. | Free entry | Contact organisation for information. |

# Community food gardens

Community food gardens play an important role in supporting people to grow their own fresh produce and building social connection within a local community.

Gardens and shared planter-boxes may be on public housing estates, vacant blocks, footpaths or land awaiting development.

# Community food gardens

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|   | Who & Where | What | When | Cost & Conditions | Accessibility |
| East Melbourne | East Melbourne Community Garden Sinclair’s Cottage, Fitzroy Gardens,East Melbourne, 3002eastmelbcommgarden@gmail.com | Community garden Community garden for East Melbourne residents.To be placed on the waiting list send an email to the membership secretary. | Open during daylight hours | Fees are set each year by the Committee of Management Must be a resident of East Melbourne. | Contact organisation for information. |
| Kensington | Kensington Stockyard Food GardenCorner of Bluestone and Serong St, Kensington, 3031hello@kensingtonstockyardFoodgarden.orgkensingtonstockyardfoodgarden.org | Community food gardenThe garden aims to grow an abundance of fruit, vegetables, flowers and herbs and to increase local biodiversity, while providing a vibrant meeting place for the people of Kensington. | Tues, Wed, Sun Open during daylight hours. | Kensington residents only | Contact organisation for information. |
| Kensington | Kensington Community Garden118-128 Westbourne Road, Kensington, 30319376 1633[kensington@ymca.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/richmondchurches.weebly.com)Kensington Community Garden | Community food gardenThe gardens provide the opportunity for local residents to grow herbs and vegetables for personal use. The gardens also provide a perfect community space for people to come together and socialise. | Contact agency for more information | Kensington residents only There is currently a waiting list for this garden. | Contact organisation for information. |

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|   | Who & Where | What | When | Cost & Conditions | Accessibility |
| Kensington | Kensington Neighbourhood House 321 Arden Street, Kensington, 30319376 6366info@kenhouse.org.aukensingtonneighbourhoodhouse.com | Community food garden This street garden was built with support from business owner Frank Menis, Flemington Community Bank, City of Melbourne and Living Learning Australia. It is maintained and supported by VincentCare. | Garden is publicly accessible at all times. | Available for use by the public | Contact organisation for information. |
| Kensington | Kensington Neighbourhood House - McCracken St Food Share Garden89 McCracken Street, Kensington, 30319376 6366info@kenhouse.org.aukensingtonneighbourhoodhouse.com | Community food garden 16 raised garden beds with freshly grown herbs and vegetables accessible to all with principles of accessing food fairly and as you need. | Garden can be accessed all times. | FreeOpen to everyone. | Located behind and down the side of the Christ Church Kensington. |

# Public housing community gardens program

Cultivating Community currently supports 19 public housing community gardens as well as non-public housing gardens. These gardens provide opportunities for the public housing community to access healthy, affordable and culturally appropriate food alongside community connection.

Listed below are the public housing community gardens in inner Melbourne. You must be a public housing resident to use these gardens and many require key access. Access times vary for each garden.

For more information call 9429 3084 or email info@cultivatingcommunity.org.au or visit Cultivating Community.

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| LOCATION | ADDRESS |
| Alfred Street | 33 Alfred Street, North Melbourne |
| Buncle Street | Corner Buncle and Mark Streets, North Melbourne |
| Crown Street | 29 Crown Street, Flemington |
| Emerald Street | 24 Emerald Street, Collingwood |
| Fitzroy (Asherton Gardens Estate) | 125 Napier Street, Fitzroy |
| Flemington | 120 Racecourse Road, Flemington |
| Highett Street | Cnr Belgium Ave and Vere Street, Richmond |
| Hoddle Street 229 | 229 Hoddle Street, Collingwood |
| Hoddle Street 253 | 40 Harmsworth Street, Collingwood |
| Holmes Street | 1 Holmes Street, Northcote |
| Inkerman Street | 150 Inkerman Street, St Kilda |
| King Street (three small gardens) | 25 and 27 King Street, Prahran |
| Lennox Street | 13 Lennox Street, Richmond |
| Lygon Street | 530 Lygon Street, Carlton |
| Milarri | 258 Malvern Road, South Yarra |
| Drummond Street | 478 Drummond Street, Carlton |
| Park Towers | 255 Bank Street, South Melbourne |
| Union Street | 49 Union Street, Windsor |
| Wingate Avenue | 22-24 Wingate Avenue, Ascot Vale |

## Interested in growing your own food?

Find out more about community food gardens, street gardens and composting at Community gardens, street gardens and compost hubs - City of Melbourne

Find out how to develop and manage a community or neighbourhood garden at Melbourne gardens and greenspaces.

Find out how to plant and maintain gardens on nature strips and medium strips through these street garden guidelines at Melbourne gardens and greenspaces.

Find out about ways to play a role in greening our city, whether through green roofs or vertical green walls at Melbourne greening the city.

# Food education – nutrition, cooking and food growing classes

Learn about how food is grown, sourced and how to cook delicious and healthy meals affordably through one of these food education programs.

Organisations listed includes nutrition education, cooking and food growing classes.

## Food education – nutrition, cooking and food growing classes

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|   | Who & Where | What | When | Cost & Conditions | Accessibility |
| Melbourne | cohealth Melbourne53 Victoria St, Melbourne, 30009448 5536cohealth.org.au | cohealth nutrition education and support from Dietitians Access by referral from health professional or contact us directly. | Tue – Thu9am – 5pmTo make an appointment or refer: phone 9448 5537 or email serviceaccess@cohealth.org.au | Open to everyone Fees or co-payments are based on income. | Contact organisation for information. |
| Kensington | cohealth Kensington12 Gower Street, Kensington, 30319448 5537cohealth.org.au | cohealth nutrition education and support from Dietitians Access by referral from health professional or contact us directly. | Tue – Fri9am – 5pmNot operating public holidays.To make an appointment or refer: phone 9448 5537 or email serviceaccess@cohealth.org.au | Open to everyone Fees or co-payments are based on income. | Contact organisation for information. |
| Fitzroy | cohealth Meet and Eat program FitzroyFitzroy Community Food CentreNapier Street, Fitzroy, 30659448 5521[cohealth.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/southmelbournemarket.com.au) | Cooking classThe group cooks a meal together to share together and learn about food, culture and community. | Wed11.30am – 12.30pmNot operating on school holidays. Contact 9448 5521 for more information. | Gold coin donationOpen to everyone. | Contact organisation for information. |

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|   | Who & Where | What | When | Cost & Conditions | Accessibility |
| Fitzroy | cohealth Fitzroy75 Brunswick St, Fitzroy, 30659448 5531[cohealth.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/cohealth.org.au) | cohealth nutrition education and support from Dietitians.Access by referral from health professional or contact us directly. | Mon – Wed9am – 5pmNot operating public holidays.To make an appointment or refer: phone 9448 5531 or email serviceaccess@cohealth. org.au  | Open to everyoneFees or co-payments are based on income. | Contact organisation for information. |
| Collingwood | cohealth Collingwood365 Hoddle St, Collingwood, 30659448 5528[cohealth.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/slowfoodmelbourne.com.au/%20farmers-markets) | cohealth nutrition education and support from Dietitians.Access by referral from health professional or contact us directly. | Mon – Wed9am – 5pmNot operating public holidays.To make an appointment or refer: phone 9448 5531 or email serviceaccess@cohealth. org.au  | Open to everyoneFees or co-payments are based on income. | Contact organisation for information. |
| Fitzroy | Cultivating CommunityFitzroy Community Food CentreNapier Street, Fitzroy, 3065Contact Peta Christensen 9429 3084[peta@cultivatingcommunity.org.au](file:///D%3A/D/Docs/Artisan/OD/Community%20Food%20guide/kensingtonneighbourhoodhouse.com) | Cooking classCultivating Community runs the Highrise Community Bakery and After Schools Kids Cooking programs. | MonCommunity baking sessionsThuAfter School Kids CookingContact Peta Christensen for more information. | Free | Contact organisation for information. |