



Community Food Guide – COVID 19 Update

Supporting people in the City of Melbourne to access, grow
and use healthy food

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Introduction

Many people within the City of Melbourne face daily challenges in accessing enough nutritious food for a healthy life. Most of us are not eating enough fruit and vegetables to meet our nutritional needs and an increasing number of people are living in densely populated areas where there is less space to grow food.

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

1. Food banks, parcels and vouchers
2. Community meals, including free and cheap meals
3. Food education, including classes and community kitchens
4. Community gardens
5. Fresh food and groceries, including markets, co-ops, food delivery and shopping support
6. Food rescue

The guide has been divided into these six sections to help you easily find the information you need. You can also access this guide via [City of Melbourne](#)¹.

Updates to the guide

If you'd like to suggest an inclusion or update to a program or service listed in this guide, visit [Community Food Guide](#)² and use the online form. We will update the guide as often as we are able to with the information you provide.

Disclaimer

The information contained in the Community Food Guide was correct at the time of publication (April 2020) but 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.

¹ <https://www.melbourne.vic.gov.au/community/health-support-services/health-services/Pages/community-food-guide.aspx>

² <https://comdigital.wufoo.com/forms/z1a2372m0wyan8x/>

Food banks, parcels and vouchers

Do you know someone who would benefit from access to affordable or even free groceries?

These programs provide food parcels or groceries and food vouchers or gift cards, such as for a local supermarket, to people in need*. 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. Also note that level of assistance is dependent on the availability of staff (often volunteers), as well as supplies of vouchers or other assistance.

Who and where	What	When	Cost and conditions
Parish of the Parks St Silas Church Hall 99 Bridport Street Albert Park, 3206 9696 5116 sundaysuppers@parishoftheparks.com.au Parish of the Parks ³	Food Parcels We offer food parcels, which are given out on the 1st Tuesday of each month from 10am to 12pm.	Tue 1st Tuesday of each month: 10am - 12pm (in November, parcels are offered on the 2nd Tuesday of the month) They are considering changing to weekly if demand increases.	Free Only for residents of Port Phillip Council who have a concession or Health Care Card
Church of All Nations 180 Palmerston Street Carlton, 3053 9347 7077 contact@carlton-uca.org Church of All Nations ⁴	Food bank, vouchers and food parcels Vouchers are available on a case-by-case basis. Food parcels are provided to people who book an appointment beforehand.	Tue, Wed, Thu 10am - 12pm Fresh food on Wednesdays	Free Fresh food \$2 donation, concession or Health Care Card holders
Anglicare Fitzroy Mission House 118-120 Napier Street Fitzroy, 3065 Entry is off Little George Street 9486 0445	Food bank and food parcels Provides assistance to people living in public housing and rental properties with a Health	Tue and Thu 10am - 12pm Bill Assistance Services 12.30pm - 3pm	Free Must live in the following postcodes: 3000, 3051, 3053, 3054, 3065,

³ <http://parishoftheparks.com.au/>

⁴ <http://carlton-uca.org/>

Who and where	What	When	Cost and conditions
	Care Card	Food Relief Services	3066, 3067, 3068 and 3070.
<p>Anglicare St Marks Church Community Centre 250 George Street Fitzroy, 3065 9419 3288 Anglicare⁵ Coordinator: Chris de Paiva</p>	<p>Food parcels</p> <p>Providing comfort and stability in the form of food parcels for people experiencing homelessness.</p>	<p>Mon, Tue, Wed, Thu, Fri</p> <p>11.30am - 2.30 pm food parcels are handed out through a window to reduce social interactions.</p>	<p>Free</p> <p>Rough sleepers and people experiencing chronic homelessness</p>
<p>Collingwood Cottage Food Bank</p> <p>St Josephs Parish 46 Otter Street, Collingwood 9470 4483 Contact: Sis Mary Zita</p>	<p>Collingwood Cottage Food Bank</p> <p>Food products are distributed to local people in need from Wellington Hall in Otter St Collingwood</p>	<p>Fri</p> <p>Register for a number at 9am. Return at 11am to choose foods.</p> <p>Closed Good Friday and for 6 weeks over Christmas.</p>	<p>Free</p> <p>Open to everyone</p>
<p>Presbyterian and Scots Church Joint Mission (Flemington Mission)</p> <p>St Stephen's Church Hall 28 Norwood Street, Flemington, 3031 9376 3777 st.stephens@scotschurch.com Contact: Andrew Wong</p>	<p>Food parcels</p> <p>Food relief is provided 1st and 3rd Tuesday of the month.</p> <p>People must call before coming to collect prepared food parcel.</p>	<p>Tue</p> <p>10am - 1pm, 1st and 3rd Tuesday of the month.</p> <p>Closed public holidays and from Christmas to end of January</p>	<p>Free</p> <p>Open to everyone</p>
<p>Asylum Seeker Resource Centre (ASRC)</p> <p>214-218 Nicholson Street, Footscray, 3011 9326 6066 foodandgoods@asrc.org.au</p>	<p>Food bank</p> <p>Shifted from grocery store set up to pre-prepared emergency packs ready for pick up.</p>	<p>Mon, Tue, Wed, Thu, Fri</p> <p>10am - 5pm.</p> <p>Contact ASRC for details on closure during public holidays.</p> <p>May be moving to a fortnightly service to reduce social interactions.</p>	<p>Free</p> <p>Asylum seekers and refugees who are members of the ASRC only.</p>

⁵ <http://anglicarevic.org.au/>

Who and where	What	When	Cost and conditions
<p>RISE Refugee</p> <p>Level 1, 247 Flinders Lane, Melbourne, 3000 9639 8623 admin@riserefugee.org Rise Refugee⁶ Contact: Eric</p>	<p>Food bank</p> <p>The RISE Food Bank aims to address the initial critical needs of refugees and asylum seekers by providing access to free dry food, fresh fruits and vegetables. Donations welcome - see website for items needed.</p>	<p>Wed, Thu</p> <p>9am - 5pm</p>	<p>Free</p> <p>Refugees and asylum seekers</p>
<p>Salvation Army</p> <p>69 Bourke Street, Melbourne, 3000</p> <p>Salvation Army⁷</p>	<p>Food Parcels</p> <p>Provides practical and limited financial assistance in a compassionate, confidential manner. It offers a wide selection of food, clothing, and other necessities to people who are homeless or disadvantaged.</p>	<p>Mon - Fri</p> <p>9.00am – 12.30pm Closed public holidays</p>	<p>Free to those who live within City of Melbourne (Carlton, Docklands, Flemington, Kensington, Melbourne, North Melbourne, Southbank and West Melbourne)</p> <p>Bring current Health Care Card</p>
<p>Returned & Services League of Australia, Victorian Branch</p> <p>ANZAC House 4 Collins Street, Melbourne, 3000 9655 5531 jjackson@rslvic.com.au RSL Victoria⁸ Contact: Jeff Jackson, Manager Pensions Advocacy and Welfare Support</p>	<p>Food vouchers and other services (veterans only)</p> <p>Support for former or serving members of the Australian Defence Force or Allied Forces and for their dependants who are experiencing financial hardship.</p>	<p>Mon, Tue, Wed, Thu, Fri</p> <p>9am - 5pm Closed public holidays</p>	<p>Free</p> <p>For information and to ascertain if you are eligible for assistance, please contact agency directly.</p>
<p>Hotham Mission</p> <p>North Melbourne programs@hothammission.org.au Hotham Mission⁹</p>	<p>Food for Thought</p> <p>Youth food assistance program. Not a drop-in service. Food parcels are delivered to organisations.</p>	<p>Thu</p> <p>9am - 2pm</p>	<p>Free - Referrals made through organisations. Primarily aimed at young people accessing education.</p>

⁶ <http://riserefugee.org/>

⁷ <http://salvationarmy.org.au/>

⁸ <http://rslvic.com.au/>

⁹ <http://hothammission.org.au/>

Who and where	What	When	Cost and conditions
Uniting Prahran 211 Chapel Street, Prahran, 3181 9692 9500 Uniting Prahran¹⁰ Contact: Michael Scott, Community Services Manager	Emergency Relief/ Material Aid Food parcels available.	Mon, Tue, Wed, Thu 9.30am - 12.15pm	Free Open to everyone with a Health Care Card.
Christ Church Mission Community Centre 14 Acland Street St Kilda, 3182 9534 9250 communitycentre@christchurchskilda.org.au Christ Church Mission Community Centre¹¹ Contact: Elizabeth Rooney, Manager	Food Relief- Food Bank and Food Parcels Providing a wide selection of food items and other necessities to those experiencing financial hardship.	Mon to Fri 10.30am - 1.30pm	Free Open to everyone
Cultivating Community & Open Table Fitzroy Community Food Centre, next to 125 Napier St, Fitzroy	Free fresh food parcel and some non perishable food items	Fridays at 2pm	Free Open to everyone

Community meals

Wondering where to go for an affordable, nourishing meal and eat with others? These programs provide free, cheap or subsidised meals to members of the community, often within a social setting to allow warm conversation and social connection.

Who and where	What	When	Cost and conditions
Hare Krishna Food for Life Melbourne 197 Danks Street, Albert Park, 3206 9699 5122 info@harekrishnamelbourne.com.au Hare Krishna¹²	Food For Life community meals Delivery of vegetarian meals for those in need.	Daily Place order up till 6am on the day of delivery. Meals are delivered from 1-2pm. SMS 0438 716 335 with your: <ul style="list-style-type: none"> • name • email address (if 	Free Only available to residents of City of Port Phillip who are in genuine need.

¹⁰ <http://www.unitingprahran.org.au/>

¹¹ <http://ccm.org.au/>

¹² <http://harekrishnamelbourne.com.au/>

Who and where	What	When	Cost and conditions
		you have one) <ul style="list-style-type: none"> • concession/ student card/ why you are in need • number of meals to be delivered 	
Parish of the Parks St Silas Church Hall 99 Bridport Street, Albert Park, 3206 9696 5116 sundaysuppers@parishoftheparks.com.au Parish of the Parks ¹³	Sunday suppers The Sunday sit down meal has been temporarily suspended. Clients are now given their own takeaway container to eat elsewhere.	Sun 5pm Closed over Christmas and New Year	Free Open to everyone
Church of All Nations 180 Palmerston Street, Carlton, 3053 9347 7077 contact@carlton-uca.org Church of All Nations ¹⁴	Food parcels Community lunch has shifted to pre-prepared food parcels, for people who book an appointment for pick up beforehand.	Tue, Wed 11.30am - 1pm Closed public holidays	\$2 donation Delivery is also offered only for people in isolation in the Carlton area.
St Vincent de Paul Society Victoria Soup Van Program 9895 5800 soupvans@svdp-vic.org.au St Vinnies ¹⁵ Contact: Danusia Kaska - Soup Van Operations Manager	Collingwood soup van Meals still being provided but currently no street service. Food hampers or vouchers are delivered to managed accommodation and rooming houses. Rough sleepers can access the welfare phone on 1800 305 330 and hampers or vouchers are arranged.	Tue, Thu, Fri, Sun	Free Open to everyone Visit the website or contact the agency directly for the most up-to-date information.
Anglicare St Marks Church Community Centre 250 George Street, Fitzroy, 3065 9419 3288 Anglicare ⁵	Community lunch Community lunch has been temporarily suspended. Currently providing breakfast of toasted	Mon - Fri 10.30am – 2.30pm.	Free Rough sleepers and people experiencing chronic homelessness Refer to the website or contact agency

¹³ <http://parishoftheparks.com.au/>

¹⁴ <http://carlton-uca.org/>

¹⁵ <http://vinnies.org.au/soupvansvic>

Who and where	What	When	Cost and conditions
Coordinator: Chris de Paiva	sandwiches for pick up only. They are also preparing food parcels for lunch pick up only.		directly for more details
<p>Open Table</p> <p>Bargoonga Nganjin North Fitzroy Library, 182-186 St Georges Rd, Fitzroy North</p> <p>Sign up to our newsletter to stay updated. hello@open-table.org Open table¹⁶ Contact: Angela O'Toole, General Manager</p>	<p>Community meal</p> <p>Community lunch has been temporarily suspended. We will recommence our weekly lunches as soon as it is safe to do so.</p> <p>They have replaced lunches with preparing and delivering food parcels.</p>	Every Saturday at 1pm, if restrictions allow.	<p>Free</p> <p>Open to everyone.</p>
<p>St Vincent de Paul Society Victoria Soup Van Program</p> <p>9895 5800 soupvans@svdp-vic.org.au St Vinnies¹⁵ Contact: Danusia Kaska - Soup Van Operations Manager</p>	<p>Fitzroy soup van</p> <p>Meals still being provided but currently no street service.</p> <p>Food hampers or vouchers are delivered to managed accommodation and rooming houses.</p> <p>Rough sleepers can access the welfare phone on 1800 305 330 and hampers or vouchers are arranged.</p>	Daily	<p>Free</p> <p>Open to everyone</p> <p>Visit the website or contact the agency directly for the most up-to-date information.</p>
<p>St Mary's House of Welcome</p> <p>165-169 Brunswick Street, Fitzroy, 3065 9417 6497 admin@smhow.org.au St Mary's House of Welcome¹⁷</p>	<p>Community meals</p> <p>St Mary's House of Welcome is a support centre for disadvantaged people experiencing homelessness.</p> <p>Dining has been temporarily suspended. Packaged meals are prepared for pick up</p>	<p>Mon, Tue, Wed, Thu, Fri, Sat</p> <p>Breakfast: 8.30am - 9.45am Lunch: 12pm - 1pm Mon, Tue, Thu, Fri Afternoon tea: 3pm Closed public holidays</p>	<p>Open to disadvantaged people experiencing homelessness and sleeping rough only.</p> <p>Visit the website or call the agency for the most up-to-date information on times.</p>

¹⁶ <http://open-table.org/>

¹⁷ <http://smhow.org.au/>

Who and where	What	When	Cost and conditions
	<p>only.</p> <p>Staff notify the public when their meals are ready.</p>		
<p>Asylum Seeker Resource Centre (ASRC)</p> <p>214-218 Nicholson Street, Footscray, 3011 9326 6066 foundandgoods@asrc.org.au</p>	<p>Community Meal</p> <p>Community meal has been temporarily suspended. They are setting up pre-prepared emergency packs ready for pick up.</p>	<p>Mon, Tue, Wed, Thu, Fri</p> <p>Lunch: 12.30pm Dinner: 6pm Wednesdays</p>	<p>Free</p> <p>Asylum seekers and refugees who are members of the ASRC only</p> <p>Visit the website or call the agency for the most up-to-date information.</p>
<p>St Vincent de Paul Society Victoria Soup Van Program</p> <p>9895 5800 soupvans@svdp-vic.org.au St Vinnies¹⁵</p> <p>Contact: Danusia Kaska - Soup Van Operations Manager</p>	<p>Footscray soup van</p> <p>Meals still being provided but there is a temporary pause on street service.</p> <p>Food hampers or vouchers are delivered to managed accommodation and rooming houses.</p> <p>Rough sleepers can access the welfare phone on 1800 305 330 to arrange hampers or vouchers.</p>	<p>Sun, Mon, Tue, Wed, Thu, Fri</p>	<p>Free</p> <p>Open to everyone</p> <p>Visit the website or contact the agency directly for the most up-to-date information.</p>
<p>Anglicare - The Lazarus Centre</p> <p>St Peters Eastern Hill, 15 Gisborne Street, Melbourne, 3000 0427 054 758 Anglicare⁵</p> <p>Contact: Chris de Paiva</p>	<p>Community breakfast</p> <p>Community breakfast has been temporarily suspended.</p> <p>A breakfast of toasted sandwiches can be collected by pick up only.</p>	<p>Daily</p> <p>7.30am - 9am</p> <p>Refer to website or contact agency directly for up-to-date information</p>	<p>Free</p> <p>Rough sleepers and people experiencing chronic homelessness</p>
<p>Hare Krishna Food for Life</p> <p>Crossways Level 1, 123 Swanston Street Melbourne, Victoria 3000</p>	<p>Food For Life community meals</p> <p>CBD premises has</p>	<p>Daily</p> <p>Place order before 6am on the day of delivery. Meals are delivered</p>	<p>Free</p> <p>Only available to residents of City of Port Phillip who are in</p>

Who and where	What	When	Cost and conditions
9650 2939 crosswaysfoodforlife@gmail.com Contact: Mohan	temporarily closed. Albert Park premises is delivering vegetarian meals for those in need.	from 1pm to 2pm. SMS 0438 716 335 with your: <ul style="list-style-type: none"> • name • email address (if you have one) • concession/ student card/ why you are in need • number of meals to be delivered 	genuine need.
Open Family Australia/Whitelion St Paul's Cathedral Corner Flinders & Swanston Streets, Melbourne, 3000 1300 669 600 info@openfamily.com.au Open Family¹⁸ Contact: Anthony	Chatterbox Bus outreach service has been temporarily suspended. Digital gift cards for Coles supermarket are provided instead of food.	Wed, Fri, Sat Does not operate on public holidays	Free Disadvantaged young people aged 12-25
Salvation Army 69 Bourke Street, Melbourne, 3000 9653 3299 1800 266 686 Salvation Army¹⁹	The Lighthouse Café The lighthouse Café is currently closed. Takeaway breakfast and lunch are now provided through the hatch in the laneway.	Daily Breakfast 9am Lunch 11:30am	Free Open to everyone Contact the agency directly for more information.
St Vincent de Paul Society Victoria Soup Van Program 9895 5800 soupvans@svdp-vic.org.au St Vinnies¹⁵ Contact: Danusia Kaska - Soup Van Operations Manager	Federation Square soup van Meals still being provided but there is no street service. Food hampers or vouchers are delivered to managed accommodation and rooming houses. Rough sleepers can access the welfare phone on 1800 305 330	Daily	Free Open to everyone Visit the website or contact the agency directly for the most up-to-date information.

¹⁸ <http://openfamily.com.au/>

¹⁹ <http://salvationarmy.org.au/>

Who and where	What	When	Cost and conditions
	to arrange hampers or vouchers.		
<p>St Vincent de Paul Society Victoria Soup Van Program</p> <p>9895 5800 soupvans@svdp-vic.org.au St Vinnies¹⁵</p> <p>Contact: Danusia Kaska - Soup Van Operations Manager</p>	<p>North Melbourne soup van</p> <p>Meals are still being provided but there is no street service.</p> <p>Food hampers or vouchers are delivered to managed accommodation and rooming houses.</p> <p>Rough sleepers can access the welfare phone on 1800 305 330 to arrange hampers or vouchers</p>	<p>Daily</p>	<p>Free</p> <p>Open to everyone</p> <p>Visit the website or contact the agency directly for the most up-to-date information.</p>
<p>Uniting Prahran</p> <p>211 Chapel Street, Prahran, 3181 9692 9500 Uniting Prahran¹⁰</p> <p>Contact: Michael Scott, Community Services Manager</p>	<p>Hartley's community dining room</p> <p>Dining has been temporarily suspended. Takeaway meals and emergency relief parcels available.</p>	<p>Mon, Tue, Wed, Thu, Fri 11 am - 1.45pm</p>	<p>Low cost lunch meals</p> <p>Free lunch meals available for people with a Centrelink concession card (conditions apply)</p>
<p>Uniting Prahran</p> <p>211 Chapel Street, Prahran, 3181 9692 9500 Uniting Prahran¹⁰</p> <p>Contact: Michael Scott, Community Services Manager</p>	<p>Winter Breakfast</p> <p>Serves a hot breakfast during June, July and August.</p>	<p>June to August</p> <p>Mon, Tue, Wed, Thu, Fri 7.30am - 9.30am</p>	<p>Gold coin donation appreciated for the winter breakfast.</p> <p>Open to everyone. Contact agency in June to check if still operating.</p>
<p>Meals @ the Bridge Lifeline Inc.</p> <p>St Lukes Church Hall 210 Dorcas Street, South Melbourne 0402 252041 michael@mealsatthebridge.org Meals at the Bridge²⁰</p> <p>Contact: Michael Carter, CEO</p>	<p>Meals at the bridge</p> <p>Serves meals to marginalised, socially disadvantaged people and those experiencing homelessness.</p>	<p>Mon, Tue, Wed, Thu, Fri</p> <p>9am-5pm</p> <p>Takeaway meals and food hampers provided through the office window.</p>	<p>Free</p> <p>Aimed at people who are experiencing homelessness, are marginalised or socially disadvantaged</p>

²⁰ <http://mealsatthebridge.org/>

Who and where	What	When	Cost and conditions
<p>St Vincent de Paul Society Victoria Soup Van Program</p> <p>9895 5800 soupvans@svdp-vic.org.au St Vinnies¹⁵ Contact: Danusia Kaska - Soup Van Operations Manager</p>	<p>Southbank soup van</p> <p>Meals still being provided but currently no street service.</p> <p>Food hampers or vouchers are delivered to managed accommodation and rooming houses.</p> <p>Rough sleepers can access the welfare phone on 1800 305 330 to arrange hampers or vouchers.</p>	<p>Daily</p>	<p>Free</p> <p>Open to everyone</p> <p>Visit the website or contact the agency directly for the most up-to-date information.</p>
<p>Sacred Heart Mission - Community Meals</p> <p>87 Grey Street, St Kilda, 3182 9537 1166 info@sacredheartmission.org Sacred Heart Mission²¹</p>	<p>Meals program</p> <p>Provides nutritious meals to people who are socially disadvantaged and isolated or experiencing homelessness.</p>	<p>Daily</p> <p>Takeaway breakfast and lunch package provided from 10am to 1pm.</p>	<p>Free</p> <p>Open to everyone</p>
<p>Christ Church Mission Community Centre</p> <p>14 Acland Street St Kilda, 3182 9534 9250 communitycentre@christchurchstkilda.org.au Christ Church Mission Community Centre²² Contact: Elizabeth Rooney, Manager</p>	<p>Free and cheap meals</p> <p>Takeaway soup, main meal, dessert, bread, salad, tea or coffee.</p>	<p>Wed</p> <p>5.30pm – 6.45pm</p>	<p>Free</p> <p>Open to everyone</p>
<p>Sacred Heart Mission</p> <p>Sacred Heart Mission Women's House 65 Robe Street, St Kilda, 3182 9536 8464 womenshouse@sacredheartmission.org²¹ Sacred Heart Mission</p>	<p>Women's breakfast and lunch</p> <p>Sit down breakfast and lunch have been temporarily suspended.</p> <p>Provide a backpack with packaged food at the front door. Limited food parcels are also</p>	<p>Mon, Tue, Wed, Thu, Fri</p>	<p>Free</p> <p>Women only</p>

²¹ <http://sacredheartmission.org/>

²² <http://ccm.org.au/>

Who and where	What	When	Cost and conditions
	available.		
<p>St Vincent de Paul Society Victoria Soup Van Program</p> <p>9895 5800 soupvans@sudp-vic.org.au St Vinnies¹⁵ Contact: Danusia Kaska - Soup Van Operations Manager</p>	<p>West Melbourne soup van</p> <p>Meals still being provided but currently no street service.</p> <p>Food hampers or vouchers are delivered to managed accommodation and rooming houses.</p> <p>Rough sleepers can access the welfare phone on 1800 305 330 to arrange hampers or vouchers.</p>	<p>Daily</p>	<p>Free</p> <p>Open to everyone</p> <p>Visit the website or contact the agency directly for the most up-to-date information.</p>
<p>Cohealth Cafe Meals Program</p> <p>Participating cafes in various locations in Melbourne</p> <p>9448 5536 susan.whitelock@cohealth.org.au Cohealth²³ Contact: Susan Whitelock</p>	<p>Cafe meals program</p> <p>Subsidised meals at local cafes for people experiencing homelessness.</p>	<p>Available during regular café hours. Check with each business to see if they are still operating and what is offered.</p> <p>Participants can get one meal a day, every day of the week. Members can choose breakfast, lunch or dinner.</p>	<p>\$2 buys a meal to the value of \$12</p> <p>People experiencing homelessness. Must be a member of the program. To enquire about membership, contact the program worker.</p>
<p>Our Daily Bread</p> <p>23 Victoria Street, Coburg Contact: Sophie Katoulas bread.coburg@gmail.com</p>	<p>Offers</p> <p>Parcels – One full grocery bag with non perishables and toiletries (on request).</p> <p>Homeless packs – dispensable food and snacks ready to eat. Includes toiletries.</p>	<p>Every Tuesday</p> <p>9 -9.30am</p>	<p>Free</p> <p>Open to everyone</p>
<p>The Big Umbrella</p> <p>80 Harbour Esplanade info@thebigumbrella.org thebigumbrella.org</p>	<p>Cooked hot meals from rescued and purchased food.</p>	<p>Every Thursday and Saturday @ Fed Square and Russell St ext</p> <p>7.30 – 9.00pm</p>	<p>Free</p> <p>Open to anyone requiring food support..</p>

²³ <http://cohealth.org.au/>

City of Melbourne's community meals subsidy

Would you like information about how you can enjoy a meal with a local community group? The City of Melbourne provides community meal subsidies for organisations that support older people to meet and share a meal on a regular basis. Older people and organisations supporting older people, are eligible to apply for a \$4.50 subsidy per person for a maximum number of 12 community meal sessions, with a maximum subsidy for 200 meals per session. There are currently more than 50 diverse community groups and organisations including Lithuanian, Greek, Italian, Chinese and Spanish that regularly meet to share a meal in the municipality. If you would like more information or if you have a group who is interested in applying for a community meal subsidy, contact the City of Melbourne on 9658 9658.

Food education

Learn about how food is grown, sourced and how to cook delicious healthy meals affordably through one of these food education programs. Includes cooking, food growing and nutrition classes and community kitchens.

Who and where	What	When	Cost and conditions
<p>Collingwood Children's Farm</p> <p>18 St Heliers Street, Abbotsford, 3067 9417 5806 reception@farm.org.au Collingwood Children's Farm²⁴ Contact: Anita Stec</p>	<p>School tours</p> <p>The school tours which allow children to feed and touch a variety of farm animals, while learning how to safely interact with them, have been temporarily suspended.</p> <p>The agency is now focussing on meal and grocery packages.</p>	<p>Contact agency directly for more information.</p>	<p>Contact agency directly for more information.</p>
<p>Brotherhood of St Laurence - Coolibah Centre</p> <p>67a Brunswick Street, Fitzroy, 3065 9483 1323 or 1300 147 147 rlorenzetto@bsl.org.au Brotherhood of St Laurence²⁵</p> <p>Contact: Robert Lorenzetto, Welfare Coordinator</p>	<p>Cooking groups and gardening classes</p> <p>All classes have been temporarily suspended.</p> <p>Agency is now focussing on its Independent Living service providing lunch and dinner meals for members.</p>	<p>Contact agency directly for more information.</p>	<p>Free</p> <p>For members only.</p> <p>Existing members, annual fee is \$50.</p>

²⁴ <http://farm.org.au/>

²⁵ <http://bsl.org.au/>

Who and where	What	When	Cost and conditions
<p>Cultivating Community</p> <p>Fitzroy Community Food Centre Napier Street, Fitzroy, 3065 9429 3084 peta@cultivatingcommunity.org.au Contact: Peta Christensen</p>	<p>Fitzroy Community Food Centre Kitchen and Workshops</p> <p>This workshop which helps people to access fresh food, and learn about growing and preparing food has been temporarily suspended.</p> <p>The agency is now focusing on providing food parcels.</p>	<p>Daily</p> <p>Contact Peta Christensen for more information.</p>	<p>Free</p> <p>Open to everyone.</p>
<p>Open Table</p> <p>North Fitzroy Library 182-186 St Georges Road, Fitzroy North 3068 0403 218 123 hello@open-table.org Open Table¹⁶ Contact: Angela O'Toole, General Manager</p>	<p>No Waste Cook Club</p> <p>This workshop which helps people reduce food waste at home.</p>	<p>For dates and bookings visit Open Table website.</p>	<p>Free</p> <p>For residents of City of Yarra,</p>
<p>Cohealth</p> <p>12 Gower Street, Kensington, 3031 8378 3515 sujata.joshi@cohealth.org.au Cohealth²³ Contact: Sujata Joshi</p>	<p>cohealth nutrition education and support</p> <p>Access by referral from health professional or contact us directly.</p> <p>Limited support is currently available, mainly by phone.</p>	<p>Mon, Tue, Wed, Thu, Fri</p> <p>9am - 4.30pm Not operating public holidays</p>	<p>Open to everyone</p> <p>Fees may apply</p>
<p>Cohealth</p> <p>53 Victoria Street, Melbourne, 3000 9448 5536 susan.whitelock@cohealth.org.au Cohealth²³ Contact: Susan Whitelock</p>	<p>cohealth nutrition education and support</p> <p>Drop-in service currently not available. Limited support is currently provided, mainly by phone.</p>	<p>Mon, Thu, Fri</p> <p>10am - 4pm Not operating public holidays</p>	<p>Free</p> <p>Refugees and asylum seekers, Aboriginal and Torres Strait Islander people and people experiencing homelessness</p>

Dietician outreach services

Do you know someone who needs advice and direction about their nutrition? Cohealth runs dietician outreach sessions run at several locations across the City of Melbourne. These are either fortnightly or monthly services. Contact the individual service via the relevant number below for dates.

- **Ozanam Community Centre**, 268 Abbotsford Street, North Melbourne, 3051, Phone 9329 6733 for an appointment
- **Frontyard Youth Services**, 19 King St, Melbourne, 3000, Phone 9611 2411 for an appointment
- **The Living Room**, 7-9 Hosier Lane, Melbourne, 3000, Phone 9945 2100 for an appointment

Community Gardens

Due to COVID-19, many community gardens have either closed temporarily or restricted access applied as per the current staged restrictions in place from the Victorian State Government. The list below reflects the number of gardens open, but access may be restricted or limited.

If you know someone who'd like to grow their own fresh fruit and vegetables, but doesn't have a garden or balcony of their own, community gardens can play an important role.

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

Who and where	What	When	Cost and conditions
<p>East Melbourne Community Garden</p> <p>Sinclair's Cottage, Fitzroy Gardens, East Melbourne, 3002 eastmelbcommgarden@gmail.com</p>	<p>Community garden</p> <p>Community garden for East Melbourne residents. To be placed on the waiting list send an email to the membership secretary.</p>	<p>Open during daylight hours</p>	<p>Fees set each year by the Committee of Management.</p> <p>Must be a resident of East Melbourne.</p>
<p>Kensington Community Garden</p> <p>118-128 Westbourne Road, Kensington, 3031 9376 1633</p> <p>kensington@ymca.org.au <u>Kensington Community Garden</u>²⁶ Contact: YMCA, Kensington Community Recreation Centre</p>	<p>Kensington Community Garden</p> <p>The 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. Plots when available are allocated to 3031 residents on the wait list.</p>	<p>Contact agency for more information.</p>	<p>Kensington residents</p> <p>There is currently a waiting list for this garden</p>
<p>Kensington Neighbourhood House</p> <p>321 Arden Street, Kensington 3031 9376 6366</p> <p>info@kenhouse.org.au <u>Kensington Neighbourhood House</u>²⁷</p>	<p>Arden Street Community Garden</p> <p>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</p>	<p>Garden is publically accessible at all times.</p>	<p>Available for use by the public</p>

²⁶ <http://kensington.ymca.org.au/>

²⁷ <http://kensingtonneighbourhoodhouse.com/>

	VincentCare.		
Who and where	What	When	Cost and conditions
Kensington Neighbourhood House 89 McCracken Street, Kensington, 3031 9376 6366 info@kenhouse.org.au Kensington Neighbourhood House ²⁷	Community herb share program and community garden Shared planter boxes with freshly grown herbs accessible to members.	Garden can be accessed all times	\$25 annual membership 2-3 hours volunteering per month Open to everyone

Public housing community gardens program

Do you live in public housing and wish to access a community garden? Cultivating Community currently supports 21 public housing community gardens as well as non-public housing gardens. Funding comes from the Victorian Government through the public housing section of the Department of Human Services.

Listed 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 or email [Ben Liney](#) on 9429 3084, or [Cultivating Community](#)²⁸.

Interested in growing your own food?

Save energy and water, reduce waste and live sustainably at [Saving energy at home](#)²⁹.

Find out how to develop and manage a community or neighbourhood garden at [Melbourne gardens and greenspaces](#)³⁰.

Find out how to plant and maintain gardens on nature strips and medium strips through these street garden guidelines at [Melbourne gardens and greenspaces](#) **Error! Bookmark not defined.**

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](#)³¹.

Location	Address
Alfred Street	33 Alfred Street, North Melbourne
Buncle Street	Corner Buncle and Mark Streets, North Melbourne

²⁸ <https://www.cultivatingcommunity.org.au/>

²⁹ <https://www.melbourne.vic.gov.au/residents/sustainability-at-home/pages/saving-energy-at-home.aspx>

³⁰ <https://www.melbourne.vic.gov.au/residents/home-neighbourhood/gardens-and-green-spaces/Pages/gardens-green-spaces.aspx>

³¹ <https://www.melbourne.vic.gov.au/community/greening-the-city/Pages/greening-the-city.aspx>

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
Milarri	258 Malvern Road, South Yarra
Neill 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

Fresh food and groceries

Love Melbourne's markets, their fresh produce and being able to speak to growers and producers?

Or want to know how you can buy ethical fresh food and groceries without going to a supermarket?

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. Entry is free to most markets, or it's a gold coin donation. Melbourne Farmers Markets are dedicated to Victorian food and producers, regional food

cultures, seasonal produce, biodiversity, sustainable farming practices and the strengthening of relationships between the consumer and the producer. All upcoming markets are listed on [Melbourne Farmers Market](#)³².

Food cooperatives

A food cooperative (or 'co-op') is a group of people who get together to buy food in bulk direct from wholesalers or from farmers. Co-ops operate like grocery stores that is collectively started, owned and run by its members. By buying in bulk, co-op members are able to get fresh, quality food 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 the major supermarkets, Coles and Woolworths, also offer home delivery services.

For Coles, call 1800 455 400 or [Coles](#).³³ For Woolworths, call 1300 666 377 or [Woolworths](#).³⁴

Who and where	What	When	Cost and conditions
<p>Melbourne Farmers Market</p> <p>St Heliers Street, Abbotsford, 3067 9499 3400 info@mfm.com.au marketing@mfm.com.au Melbourne Farmers Market³⁵ Contact: MFM office</p>	<p>Collingwood Farmers' Market</p>	<p>Sat</p> <p>8am - 1pm Open 2nd Saturday of each month</p>	<p>Adults \$2</p> <p>To support projects at Collingwood Children's Farm. Free entry for children.</p>
<p>Melbourne Farmers Market</p> <p>St Heliers Street, Abbotsford, 3067 9499 3400 info@mfm.com.au marketing@mfm.com.au Melbourne Farmers Market³⁵ Contact: MFM office</p>	<p>Slow Food Melbourne Farmers Market</p>	<p>Sat</p> <p>8am - 1pm Open 4th Saturday of each month</p>	<p>Gold coin donation</p>

³² <http://mfm.com.au/>

³³ <https://www.coles.com.au/>

³⁴ <https://www.woolworths.com.au/>

³⁵ <http://mfm.com.au/>

Who and where	What	When	Cost and conditions
<p>Melbourne Farmers Market</p> <p>21 Graham Street, Albert Park, 3206 9499 3400 info@mfm.com.au marketing@mfm.com.au Melbourne Farmers Market³⁵ Contact: MFM office</p>	<p>Gasworks Farmers' Markets</p>	<p>Sat</p> <p>8am - 1pm Open 3rd Saturday of each month</p>	<p>Free entry</p>
<p>Urban Orchard</p> <p>Stewart Street and Roberts Street, Brunswick East, 3057 urbanorchard@ceres.org.au Contact: April</p>	<p>Urban Orchard</p> <p>A collection of folk from over 200 households across the inner northern suburbs of Melbourne who swap and share excess produce from their backyard gardens.</p>	<p>Sat</p> <p>10am - 1pm (when CERES market is open)</p>	<p>Members of the project leave their excess fruit, vegetables, herbs etc. on the swap table and take produce others have dropped off</p> <p>Visit the stall on market day to get involved</p>
<p>Melbourne Farmers Market</p> <p>Corner of Palmerston and Drummond Streets, Carlton, 3053 9419 0826 info@mfm.com.au marketing@mfm.com.au Melbourne Farmers Market³⁵ Contact: MFM office</p>	<p>Carlton Farmers' Market</p>	<p>Sat</p> <p>8am and 1pm 1st Saturday of each month</p>	<p>Entry to the market is by gold coin donation which supports the school's programs</p>
<p>Friends of The Earth</p> <p>312 Smith Street, Collingwood, 3066 9417 4382 food@foe.org.au Friends of the Earth³⁶ Contact: Beth Cameron</p>	<p>Food co-op and cafe</p> <p>Provides affordable, locally grown, organic food. Bring your own bags and containers or cup for take away tea and coffee.</p> <p>The café also offers cheap, vegan meals with gluten free options. Lunchtime meals from 12pm using food from the</p>	<p>Daily</p> <p>10am - 6pm Monday - Friday 10am - 5pm Saturdays 11am - 4pm Sundays (Café opens at 12pm) Closed public holidays</p>	<p>Low cost foods and meals</p> <p>Annual membership for co-op is available. Members get a 5% discount and volunteers a 15% discount off their shopping in the co-op. If you are interested in volunteering, visit</p>

³⁶ <http://www.foefood.org/>

Who and where	What	When	Cost and conditions
	<p>co-op. Meals and drinks are all currently takeaway.</p> <p>Offers pre-packed grocery items, and launched an online click and collect service.</p>		the website.
<p>Flemington Farmers Market</p> <p>169-175 Mount Alexander Road, Flemington, 3031 0407 411 198 info@flemingtonfarmersmarket.com.au Flemington Farmers Market³⁷ Contact: Don Linke</p>	<p>Flemington Farmers' Market</p> <p>Stallholders sell fresh food and local produce, all grown and made themselves.</p>	<p>Sun</p> <p>9am - 1pm Closed over Christmas</p>	Free entry
<p>Ceres Fair Food</p> <p>8673 6288 info@ceresfairfood.org.au Ceres Fair Food³⁸ Contact: Shell (Customer Service) 8am to 5pm, Mon to Fri</p>	<p>Fair Food delivery service</p> <p>Delivers fair, fresh food and groceries throughout Melbourne.</p>	<p>Mon, Tue, Wed, Thu, Fri</p> <p>9am - 7pm</p>	See website for pricing and delivery fees for your area
<p>Queen Victoria Market</p> <p>Corner of Victoria Street and Elizabeth Street, Melbourne, 3000 9320 5822 Queen Victoria Market³⁹</p>	<p>Queen Victoria Market - fresh produce</p> <p>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.</p>	<p>Tue, Thu, Fri, Sat</p> <p>Tuesdays: 6am - 2pm Thursdays: 6am - 2pm Fridays: 6am - 5pm Saturdays: 6am - 3pm Sundays: 9am - 4pm</p> <p>Check website for public holiday closures and Winter Markets on Wednesday nights</p>	Free entry

³⁷ <http://flemingtonfarmersmarket.com.au/>

³⁸ <http://ceresfairfood.org.au/>

³⁹ <http://qvm.com.au/>

Who and where	What	When	Cost and conditions
<p>Prahran Market</p> <p>163 Commercial Road, South Yarra, 3141 8290 8220 management@prahranmarket.com.au u Prahran Market⁴⁰</p>	<p>Prahran Market</p> <p>Selling high quality fruit and veg, a wide range of certified organic produce, sustainable seafood, free range meat, poultry and more.</p>	<p>Tue, Thu, Fri, Sat</p> <p>7am - 5pm</p> <p>Sun 10am - 3pm Check website for public holiday closures</p>	<p>Free entry</p>
<p>South Melbourne Market</p> <p>Corner of Coventry Street and Cecil Street, South Melbourne, 3205 9209 6295 South Melbourne Market ⁴¹</p>	<p>South Melbourne Market</p> <p>A village market, where people come not only to purchase fresh local food, but to meet, eat, drink, shop, share and connect.</p>	<p>Wed, Fri, Sat, Sun</p> <p>8am - 4pm closes 5pm on Fridays</p>	<p>Free entry</p>
<p>Veg Out St Kilda Farmers Market</p> <p>Corner of Shakespeare Grove and Chaucer Street St Kilda, 3182 hello@vegout.org.au Veg Out ⁴²</p>	<p>Veg Out St Kilda Farmers' Market</p> <p>Directly supporting primary producers from around the state, selling both certified organic and conventional produce.</p>	<p>Sat</p> <p>7.30am - 1pm 1st Saturday of each month</p>	<p>Free entry</p>
<p>The One Box Group</p> <p>1/ 358 Arden Street Kensington 3031 freshfoodproject@theonebox.org.au http://theonebox.org.au</p>	<p>The One Box has launched the Fresh Food Project in response to the increased need for low cost, fresh food in our communities, and aims to be culturally inclusive.</p> <p>A range of seasonal fruit and vegetables and staples is offered at approx. 50% off its recommended retail value.</p>	<p>Free delivery is available Tue & Fri for City of Melbourne council residents or choose Click & Collect Tue to Thu 9am – 12pm from Kensington 3031.</p> <p>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.</p>	<p>Starting from \$8.50, affordable boxes of fresh produce and staples.</p>

⁴⁰ <http://prahranmarket.com.au/>

⁴¹ <https://southmelbournemarket.com.au/>

⁴² <http://vegout.org.au/>

City of Melbourne's meals service

Do you or someone you know need help preparing meals at home? Older people or younger people with disabilities in the municipality may be eligible to access City of Melbourne's home delivered meal service. The service can cater for specific dietary needs and assistance with meal preparation is also available.

When	Meals delivered five days a week and weekend meals can be delivered on Fridays.
Cost	Cost for a three course meal is \$8.10
Who	Clients need to be eligible for either the Home and Community Care Program for Younger People (HACC PYP) or the Community Home Support Program (CHSP). Available for people who are unable to prepare meals at home.

For more information, contact City of Melbourne on (03) 9658 9658 or [City of Melbourne](http://www.melbourne.vic.gov.au/).⁴³

⁴³ <http://www.melbourne.vic.gov.au/>

Food rescue

How do I donate food?

If you'd like to donate food, please contact the services directly to find out their specific donation requirements.

There are also larger organisations that collect surplus food for human consumption. The following is a list of collectors that provide this service within the City of Melbourne.

Who and where	What
FareShare 1-7 South Audley Street, Abbotsford, 3067 9428 0044 FareShare ⁴⁴	FareShare rescues food that would otherwise go to waste and cooks it into free, nutritious meals for people in need. FareShare collects surplus food from supermarkets, wholesalers, manufacturers and farms and with the support of around 1000 volunteers cooks into ready to eat meals including casseroles, pastas, curries and savoury pastries. FareShare meals are distributed to more than front line 400 charities around Victoria including soup vans, homeless shelters, women's refuges and community food banks. Please note, FareShare does not distribute meals directly and cannot support individuals.
Foodbank Victoria 4/2 Somerville Road, Yarraville, 3013 9362 8300 info@foodbankvictoria.org.au Foodbank ⁴⁵	Foodbank rescues food and grocery items from across the supply chain, including from manufacturers, retailers, wholesalers, farmers, importers and exporters. It also accepts donations of non-perishable food and grocery items from individuals and organisations who host food drives, and partners with companies who donate ingredients and services so it can produce essential pantry staples that are in short supply.
OzHarvest Melbourne Unit 2/854 Lorimer Street, Port Melbourne, 3207 9999 5070 melbourne.info@ozharvest.org OzHarvest ⁴⁶	OzHarvest is the leading food rescue organisation in Australia, collecting quality excess food from commercial outlets and delivering it direct to more than 900 charities who support people in need across Australia.
SecondBite 93 Northern Road Heidelberg West 3081 9376 3800 admin@secondbite.org Secondbite ⁴⁷ Contact: Jim Mullan	SecondBite breaks down barriers to people's access of healthy food by working with more than 1400 community food programs across Australia to redistribute rescued food to those who need it most.

⁴⁴ <http://faeshare.net.au/>

⁴⁵ <http://foodbankvictoria.org.au/>

⁴⁶ <http://ozharvest.org/>

⁴⁷ <http://secondbite.org/>

