



Community Food Guide

Programs that support people in the City of Melbourne to access and use food

1st edition, December 2014

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Introduction

This Community Food Guide provides information about 122 food access programs and services within the City of Melbourne and surrounding suburbs across the following categories.

- food parcels and vouchers
- free and cheap meals
- community kitchens and cooking classes
- nutrition advice
- community gardens
- food growing classes
- fresh food markets
- food cooperatives
- food swaps
- community planter boxes
- food delivery and shopping support services.

The information contained in the Community Food Guide was correct at the time of publication (December 2014) 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.

Community Food Guide updates

For any inclusions or changes to the programs and services listed in this document, please [email Health Services](mailto:health@melbourne.vic.gov.au).¹

Please note the criteria for inclusion in the guide is that:

- the program or service must be located within the City of Melbourne, or the immediate surrounding suburbs as long as it is accessible to City of Melbourne residents
- the program provides food to the community that is free or low cost, and ideally nutritious, fair and culturally appropriate; and/or aims to build community knowledge, skills and general self-reliance around food access and use
- there is a reasonable expectation that the program or service will continue running for the next 12 months or more.

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 Services branch on (03) 9658 9658 to discuss your food safety requirements with one of our Environmental Health Officers.

Food parcels and vouchers

Access to food, for some people, includes visiting an Emergency Food Relief (EFR) service to obtain i) food: parcels or single items; or ii) vouchers or gift cards: for example for a local supermarket, often with certain restrictions or exclusions such as cigarettes and alcohol.

All assistance is dependent on the availability of staff (often volunteers) and supplies of vouchers or other assistance. Most listed offer a range of other services such as financial or material aid to meet an immediate need – this may include cash assistance, assistance with paying utility bills, clothing or household goods; transport assistance and information and referrals.

¹ health@melbourne.vic.gov.au

Anglicare, The Lazarus Centre

Open public holidays

| | |
|------------------|--|
| What | Food parcels. They also provide meals; see Free and cheap meals . |
| Who | Target population is homeless people aged over 25. |
| Where | St Peter's Eastern Hill, 15 Gisborne Street, East Melbourne |
| When | Once a week including public holidays |
| Cost | Free |
| Contact | (03) 9419 3288 |
| Website | Visit the Anglicare website ² or the St Peters website . ³ |
| Transport | Tram: Routes: 11, 12, 42, 109 |

Anglicare, Mission House

| | |
|------------------|---|
| What | Food parcels. |
| Who | Provides assistance to people living in public housing and rental properties with a Healthcare Card. Assistance may be given to those living in the following postcodes: 3000 (Melbourne), 3051 (North Melbourne), 3053 (Carlton), 3054 (Carlton North), 3065 (Fitzroy), 3066 (Collingwood), 3067 (Abbotsford), 3068 (Fitzroy North/Clifton Hill) and 3070 (Northcote). |
| Where | 122 Napier Street, Fitzroy |
| When | Tuesdays and Thursdays between 1.30pm and 3.30pm |
| Cost | Free |
| Contact | (03) 9486 0445 / Co-ordinator: 0458 750 031 |
| Website | Visit the Anglicare website . ⁴ |
| Transport | Tram routes: 112, 86 |

² www.anglicarevic.org.au/crisis-aid

³ <http://web.stpeters.org.au/other/lazarus.shtml>

⁴ www.anglicarevic.org.au/crisis-aid

Anglicare, St Mark's Community Centre

| | |
|------------------|---|
| What | Bread, fruit and vegetable parcels. They also provide meals; see Free and cheap meals . |
| Who | Provides assistance to homeless people. |
| Where | 250 George Street, Fitzroy (corner of Moor Street) |
| When | Monday to Friday between 12pm and 3pm |
| Frequency | Can access a parcel once a week |
| Cost | Free |
| Contact | (03) 9481 7333 or email . ⁵ |
| Website | Visit the Anglicare website . ⁶ |
| Transport | Tram: Routes 112, 86 |

Asylum Seeker Resource Centre (ASRC)

| | |
|------------------|---|
| What | Foodbank/pantry with perishable and non-perishable items available. You can access enough grocery supplies for a week (varies depending on family size). They also provide kitchenware and meals; see Free and cheap meals . |
| Who | Asylum seekers, refugees who are members of the ASRC. |
| Where | 214-218 Nicholson Street, Footscray |
| When | The pantry can be accessed once a week |
| Cost | Free |
| Contact | (03) 9326 6066 or send email . ⁷ |
| Website | Visit the Asylum Seeker Resource Centre website . ⁸ |
| Transport | Train: Footscray Station |

⁵ frstuart@stmarksfitzroy.com

⁶ www.anglicarevic.org.au/crisis-aid

⁷ food@asrc.org.au

⁸ www.asrc.org.au

Christ Church

| | |
|------------------|---|
| What | Six items of canned food for emergency only. One per person. Once a month. |
| Who | For South Yarra and Prahran residents. |
| Where | Corner Punt Road and Toorak Road, South Yarra |
| When | Monday to Friday between 9.30am and 2pm |
| Cost | Free |
| Contact | (03) 9866 4434 or email . ⁹ |
| Website | Visit the Christ Church website . ¹⁰ |
| Transport | Tram: Route 8 down Punt Road Bus: Route 246 down Punt Road Train: South Yarra train station |

Church of All Nations

| | |
|------------------|---|
| What | Foodbank/pantry with fresh food delivered weekly. Vouchers are available on a case by case basis. Tea, coffee, biscuits, newspapers and friendly welcome greet those waiting for assistance. They also provide meals; see Free and cheap meals . |
| Who | A healthcare card or Centrelink identification is required. |
| Where | 180 Palmerston Street, Carlton |
| When | Foodbank: Tuesday, Wednesday and Thursday between 10am and 12pm. People can access the food bank once a month. Fresh food: delivered weekly on Wednesday mornings, available to all people from around 10am until it is all gone. No appointment necessary. |
| Cost | Fresh food: \$2 donation |
| Contact | (03) 9347 7077 – Bruce Osmond, Coordinator Emergency Relief |
| Website | Visit the Church of All Nations website . ¹¹ |
| Transport | Tram: Route 1, 8 |

⁹ ccoffice@ccsy.org.au

¹⁰ www.ccsx.org.au

¹¹ <http://carlton-ucanews.org/news/community-support/emergency-relief/>

Collingwood Cottage, St Joseph's Church

| | |
|------------------|--|
| What | Food parcels |
| Who | Open to everyone |
| Where | 46 Otter Street, Collingwood |
| When | Fridays only, must register after 9am for a number and collect parcel after 12pm |
| Cost | Free |
| Contact | (03) 9481 7333 |
| Transport | Tram: Route 86 |

Open House at St Peters and Pauls Church

| | |
|------------------|---|
| What | Food parcels. They also provide meals; see Community Meals for details. |
| Who | Proof of residency South/Port Melbourne, Health Care Card/Pension Card |
| Where | St Peters and Pauls Church, 377 Dorcus Street, South Melbourne |
| When | Once a month |
| Cost | Free |
| Contact | (03) 9696 5895 or sppchurch@hotmail.com / (03) 9696 0644 or contact@openhousesouthmelbourne.org.au |
| Website | Visit the website. ¹² Visit the Facebook page. ¹³ |
| Transport | Trams: Routes 1 and 96 |

¹² <http://openhousesouthmelbourne.org.au/>

¹³ www.facebook.com/openhousesouthmelbourne/info?ref=page_internal

Presbyterian and Scots Church Joint Mission, The Flemington Mission

| | |
|------------------|--|
| What | Food parcels and non-perishables |
| Who | Open to everyone |
| Where | St Stephen's Church Hall, 26 Norwood Street, Flemington |
| When | 1st and 3rd Tuesdays of the month |
| Cost | Free |
| Contact | Philip Court (03) 9376 3777 or email ¹⁴ |
| Transport | Tram: Route 57 Train: Newmarket (Craigieburn Line) |

Positive Learning Centre (PLC), David Williams Fund (DWF)

Open public holidays

| | |
|-------------------|---|
| What | Food vouchers and emergency financial assistance to people living with HIV who are experiencing financial hardship. |
| Who | Eligibility criteria: <ul style="list-style-type: none"> • Provide proof of HIV status • Demonstrated receipt of Social Security Benefit or Pension • Demonstrated financial hardship • Resident of Victoria • Provide a Centrelink income statement |
| Where/when | All applications are assessed on a case-by-case basis. No application is guaranteed. You can discuss your application with the DWF Co-ordinator to determine the likelihood of your application being approved. DWF application forms are available on the VAC website ¹⁵ or at the following locations: <ul style="list-style-type: none"> • Positive Living Centre, at 51 Commercial Road, South Yarra • Victorian AIDS Council/Gay Men's Health Centre, at 6 Claremont Street, South Yarra • Social Work Department of the Alfred Hospital • The HIV Coordinator at the Royal Melbourne Hospital • Festive season food vouchers are provided in December |
| Cost | Free |
| Contact | The DWF is run from the Positive Living Centre, 51 Commercial Road, South Yarra (03) 9863 0444, freecall: 1800 134 840 or email ¹⁶ . |
| Website | Visit the website ¹⁷ |
| Transport | Tram route 72, stop 28 |

¹⁴ philip.court@scotschurch.com

¹⁵ www.vac.org.au/DWF

¹⁶ lynda.horn@vac.org.au

| | |
|--|--|
| | <p>Bus routes 216, 219 and 220, stop 13 A short walk from both Prahran and South Yarra railway stations.</p> |
|--|--|

Returned Servicemen's League (RSL), Victorian branch

| | |
|------------------|---|
| What | Food vouchers |
| Who | For former or serving members of the Australian Defence Force or Allied Forces and for their dependants who are experiencing financial hardship. |
| Where | Returned and Services League of Australia, ANZAC House, 4 Collins Street, Melbourne |
| When | For further information and to ascertain if you are eligible, contact details are below |
| Cost | Free, must show evidence of financial hardship for assistance to be provided |
| Contact | Jeff Jackson, Manager Pensions Advocacy and Welfare Support (03) 9655 5531 or jjackson@rslvic.com.au |
| Website | http://www.rslvic.com.au/veteran-support/pensions.-advocacy.-welfare-support/ ¹⁸ |
| Transport | Tram: Route 48 |

RISE

| | |
|------------------|---|
| What | Foodbank, dry foods and fruits and vegetables |
| Who | Refugees, asylum seekers and ex-detainees |
| Where | Level 1, 3/247-251 Flinders Lane, Melbourne |
| When | No appointment necessary, you can just turn up Every Wednesday from 10am to 3pm Saturday from 10.30am to 12.30pm Open public holidays Can be accessed on a weekly basis |
| Cost | Free |
| Contact | (03) 9639 8623 or email . To donate, please drop off items at our office: Level 1, 247 Flinders Lane, Melbourne. |
| Website | Visit the RISE website. ¹⁹ |
| Transport | Train: Flinders Street Station |

¹⁸ www.rslvic.com.au/veteran-support/pensions.-advocacy.-welfare-support/

¹⁹ <http://riserefugee.org/what-we-do/food-bank>

Salvation Army (Project 614), The Marketplace

| | |
|------------------|--|
| What | A supermarket style food pantry which offers a wide selection of food and other necessities to those who need them most. They also provide meals; see Free and cheap meals . |
| Who | Open to everyone |
| Where | 69 Bourke St, Melbourne |
| When | Monday to Friday between 9.30am to 12pm |
| Cost | Free |
| Contact | (03) 9653 3299 |
| Website | Visit the Salvation Army website. ²⁰ |
| Transport | Train: Parliament station Trams: Route 86, 96 |

St Mary's House of Welcome

| | |
|------------------|--|
| What | Food parcels |
| Who | Open to all adults aged over 18 years |
| Where | 165-169 Brunswick Street, Fitzroy |
| When | Call or drop in during opening hours |
| Cost | Free |
| Contact | (03) 9417 6497 or send email . ²¹ |
| Transport | Tram: Route 11 |

²⁰ www.salvationarmy.org.au/en/Find-Us/Victoria/Melbourne614/melbourne614-services/TheMarketplace/

²¹ admin@smhow.org.au

St Mathew's

| | |
|------------------|--|
| What | Food parcels and bread. Note: they will soon be offering a meal of soup and bread on Fridays. Contact St Mathew's for further information. |
| Who | Open to anyone, particularly people who live in the local area. For your first visit, call and make an appointment. |
| Where | 157a High Street, Prahran |
| When | Monday and Tuesday between 11am and 1pm |
| Cost | Free |
| Contact | Call and make an appointment (03) 9510 3326. Contact name: Tony Sargent |
| Transport | Tram: Route 6, 78, 79 Train: Prahran Station on the Sandringham line |

Free and cheap meals

There are many organisations across the municipality that host free and cheap prepared meals for local people. These programs not only provide an often much needed meal, but also provide a social setting in which to enjoy the meal.

Anglicare, The Lazarus Centre

Open public holidays

| | |
|------------------|---|
| What | Breakfast generally includes a range of cereal, toast, tea and coffee. The service operates on a self-serve basis and people can eat as much or as little as they wish. A cooked BBQ breakfast of bacon, eggs and hash browns occurs twice a month. A BBQ lunch is also held in conjunction with CoHealth where dietitians attend to provide free advice and support. They also provide food parcels; see Food parcels and vouchers . |
| Who | Chronic homeless and rough sleepers |
| Where | St Peter's Eastern Hill, 15 Gisborne Street, East Melbourne |
| When | Breakfast: every day including public holidays between 7.30am and 9.00am BBQ breakfast: 1st and 3rd Wednesday of the month Health time BBQ lunch: Friday 11.00am |
| Cost | Free |
| Contact | (03) 9419 3288 / Co-ordinator 0458 750 031 Contact Leonie at CoHealth on 1300 022 247 for more details on the health time BBQ. |
| Website | Visit the Anglicare website ²² or the St Peters website . ²³ |
| Transport | Tram: Routes 11, 12, 42, 109 |

Anglicare, St Mark's Church Community Centre

| | |
|------------------|--|
| What | Lunch |
| Who | Chronic homeless and rough sleepers |
| Where | 250 George Street, Fitzroy |
| When | Monday to Friday between 11am and 3pm |
| Cost | Free |
| Contact | (03) 9419 3288 / Co-ordinator 0458 750 031 or send email ²⁴ . |
| Website | www.anglicarevic.org.au/crisis-aid |
| Transport | Tram: Routes 11, 86, 112 |

Asylum Seeker Resource Centre (ASRC)

| | |
|------------------|--|
| What | Lunch (hot meal). Meals are planned to ensure nutrition and a well-balanced diet |
| Who | Asylum seekers, refugees who are members of the ASRC |
| Where | 214-218 Nicholson Street, Footscray |
| When | Monday to Friday at 12.30pm |
| Cost | Free |
| Contact | (03) 9326 6066 or food@asrc.org.au |
| Website | www.asrc.org.au |
| Transport | Train: Footscray Station Tram: 82 |

Baptist Church

| | |
|------------------|--|
| What | Dinner |
| Who | Open to everyone |
| Where | Credo Café, in the basement of 174 Collins Street, Melbourne (enter via Baptist Place) |
| When | Sunday 7pm (fortnightly) |
| Cost | Free |
| Contact | (03) 9650 1180 |
| Website | www.csbc.org.au/SundaysCSBC/Hospitality.aspx |
| Transport | All public transport that gets near Melbourne Town Hall. |

Cafe Meals Program

| | |
|----------------|---|
| What | Subsidised meals for people experiencing homelessness. Members can get a meal to the value of \$10 but only pay \$2 towards the cost. You can choose a breakfast, lunch or dinner. |
| Who | People living in the City of Melbourne who are homeless or sleeping rough and who have trouble cooking for themselves or buying healthy meals. Program membership is required. Show your membership card at participating cafes to get the offer. |
| Where | There are 12 member cafes across Melbourne, Kensington and Moonee Ponds. |
| When | Participants can get one meal a day, every day of the week. |
| Cost | \$2. If your meal costs more than \$10, you pay \$2 extra. For example, if your meal costs \$12.50, you pay \$4.50. |
| Contact | Freecall the Cafe Meals Program Worker on 1300 022 247 to enquire about membership. |

Carlton Neighbourhood Learning Centre (CNLC)

| | |
|------------------|--|
| What | CNLC hold a number of lunches and morning teas for specific population groups. |
| Who | Community lunch – For adults with mild disabilities Morning tea – For seniors at the Carlton Housing Estate Morning teas and lunches – For students of the centres |
| Where | 20 Princes Street, Carlton North |
| When | Community lunch: held every Thursday between 12.30 and 1.30pm Morning tea for seniors: Mondays between 10am and 12pm in the community room at 530 Lygon Street |
| Cost | Community lunch – \$40 donation per session Morning tea for Carlton seniors – Free Multicultural morning teas and lunches – Free |
| Contact | Referrals and assessment required to access the program, can be a self-referral Call (03) 9347 2739 or 9347 7072 or info@cnlc.org.au |
| Website | http://cnlc.org.au/ |
| Transport | Tram: Route 96, stop no.17, or route 86, stop no. 21 and walk two blocks along Alexandra Parade. Bus: Route 546, get off at the intersection of Nicholson and Princes St/Alexandra Pde, or bus route 250 – get off at Carlton Baths and walk 1 block along Princes St. Car parking in Station St. Restrictions apply. Bicycle parking on Princes St; CNLC is close to the Canning St bicycle route. |

The Centre

| | |
|------------------|--|
| What | Drop in morning teas, nutrition information is also provided |
| Where | 58 Errol Street, North Melbourne |
| When | 1st Tuesday of the month, 10.30am to 12pm Everyone welcome, cost is \$3 |
| Contact | Call (03) 9328 1126 or send email . ²⁵ Visit What's On section of The Centre website . ²⁶ |
| Website | Visit The Centre website . ²⁷ |
| Transport | Tram: Route 57, stop 12. Other trams 59 and 19 or Bus 401 is close but there is a short walk and a hill |

Church of All Nations

| | |
|------------------|--|
| What | Lunch |
| Who | Open to everyone |
| Where | 180 Palmerston Street, Carlton |
| When | Lunch: Tuesdays between 11.30am and 1pm except public holidays A BBQ Lunch is also held every 2 nd Sunday of the month at 11.30am (cost \$1) |
| Cost | \$1 donation |
| Contact | Bruce Osmond, Coordinator Emergency Relief on (03) 9347 7077 |
| Website | Visit the Church of All Nations website. ²⁸ |
| Transport | Tram: Routes 1, 8 |

Collingwood Neighbourhood House, Men's Breakfast

| | |
|------------------|--|
| What | Lunch |
| Who | Males |
| Where | Collingwood Neighbourhood House, 253 Hoddle Street, Collingwood |
| When | Every Wednesday from 10.30am to 11.30am during school terms |
| Cost | Free |
| Contact | (03) 9782 9398 |
| Website | Visit the Carlton Neighbourhood House website. ²⁹ |
| Transport | Train: 5 minute walk from Victoria Park station |

Collingwood Neighbourhood House, Mother's Kitchen

Vegetarian

| | |
|------------------|---|
| What | Vegetarian lunch that usually includes rice, a main vegetable dish, fried noodles or pasta, spring rolls or dumplings, salad, fruit, and desert. Cultural lunch is often Vietnamese cuisine. |
| Who | Open to everyone, no criteria for attendance, just come along |
| Where | Collingwood Neighbourhood House, 253 Hoddle Street, Collingwood |
| When | Vegetarian lunch: 1st Saturday of the month between 12.30pm and 2pm Cultural lunch: Every Tuesday between 12.30pm and 1pm |
| Cost | Free |
| Contact | Call (03) 9782 9398 or send email |
| Transport | 5 minute walk from Victoria Park train station |

Collingwood Soup Van

| | |
|-------------------|--|
| What | Soup van |
| Who | Open to anyone in the area |
| Where/when | Friday: 7.30pm BBQ on the corner of Smith and Stanley Streets, Collingwood Sunday, Tuesday, Thursday: 7.30pm on the corner of Smith and Stanley Streets, Collingwood Monday: 7.30pm on the corner of Hoddle Street and Wellington Parade, Richmond |
| Cost | Free |
| Contact | For further information call Br Doug Walsh, Soup Van President Victoria on 0400 432 009 or send email . ³⁰ |

Coolibah Centre, Brotherhood of St Laurence

| | |
|------------------|---|
| What | Breakfast, lunch, morning and afternoon tea |
| Who | Over 55s members only. Membership costs \$20 per year. Prospective members must be assessed by a welfare worker. |
| Where | 67A Brunswick Street, Fitzroy |
| When | Breakfast: Monday to Friday between 8.30am and 9am Morning tea: Monday to Sunday at 10am Lunch: Monday to Sunday at 12pm Afternoon tea: Monday to Sunday at 1.30pm Bookings are essential |
| Cost | Breakfast: \$1 Morning tea: Free Lunch: \$3 members or \$7 non-members Afternoon tea: 20 cents. Tea and coffee are free. |
| Contact | Call (03) 9483 1345 or Marica Cindric on (03) 9483 130 or send email ³¹ (Intake). |
| Website | Brotherhood of St Laurence ³² |
| Transport | Tram: Routes 112, 86 |

Credo Cafe

| | |
|------------------|--|
| What | Lunch |
| Who | Open to everyone |
| Where | Basement, Collins Street Baptist Church, 174 Collins Street, Melbourne. Enter via Baptist Place off Little Collins street, turn left into the carport, go through the door at the end. |
| When | Lunch, Tuesday, Wednesday and Thursday from 12pm to 1.30pm (closed 1st Friday of the month). Visits can be as often as you like. Closed from a few days before Christmas to February, and for the first two weeks of July. |
| Cost | Free |
| Contact | Call (03) 9650 4023 or send email . |
| Website | Urbanseed ³³ |
| Transport | All public transport near Melbourne Town Hall |

The Flemington and Kensington community lunch

| | |
|------------------|---|
| What | Lunch |
| Who | Open to everyone |
| Where | St Brendan's Parish Hall, Cr Church and High Street, Flemington |
| When | Every Monday, between 12pm and 1pm except public holidays |
| Cost | Free |
| Transport | Tram: Route 57 (Mount Road) Train: Newmarket |

Friends of the Earth Food Café

| | |
|------------------|---|
| What | The cafe features tea/coffee, cakes and a hot meal of the day. Food from their Co-op is used to prepare the meal. |
| Who | Open to everyone |
| Where | 312 Smith Street, Collingwood (on the corner of Smith and Perry Streets) |
| When | Lunch is served daily from 12.00pm until late afternoon. |
| Cost | Meals range from \$10 to \$12.50 |
| Contact | Call (03) 9417 4382 or send email . ³⁴ |
| Website | Visit the Friends of the Earth website . ³⁵ |
| Transport | Tram 86 from the city, and just near the Johnston street bus from Carlton or Doncaster |

Gourmet Women, Port Melbourne Neighbourhood House

| | |
|------------------|--|
| What | Dinner |
| Who | Open to women who have mental illnesses. |
| Where | Port Melbourne Neighbourhood House, corner Nott and Lairdet Street, Port Melbourne |
| When | 1st Tues every month at 5pm |
| Cost | \$10 |
| Contact | Bookings essential (03) 9645 1476 |
| Transport | Transport available (pick up from St Kilda Town Hall at 5pm and 5.30pm) Tram: Route 109 |

Hare Krishna Temple, Crossways

Vegetarian, vegan and gluten-free meals

| | |
|------------------|--|
| What | Lunch |
| Who | Students, the elderly and other concession card holders |
| Where | 1 st floor, 123 Swanston street, Melbourne |
| When | Monday to Saturday (may close on public holidays depending on how busy they are) 11.30am to 8pm |
| Cost | All you can eat for \$7.50 \$5.50 Concessions \$0.50 Take-away |
| Contact | Call (03) 9650 2939 or send email . ³⁶ |
| Website | Visit the Crossways website . ³⁷ |
| Transport | Flinders Street train station |

Hare Krishna Temple, Food for life

Vegetarian, vegan and gluten-free meals

| | |
|------------------|--|
| What | Breakfast, lunch and dinner |
| Who | Open to everyone |
| Where | 197 Danks Street, Albert Park |
| When | Everyday Breakfast: 8.30am to 9.30am Lunch: 1pm to 2pm Dinner: 6pm to 7pm |
| Cost | Free |
| Contact | Call 9699 5122 or send email . ³⁸ |
| Website | Visit the Hare Krishna Melbourne website . ³⁹ |
| Transport | Tram: Route 112 |

Kensington Neighbourhood House, Social Lunch and Bingo

| | |
|------------------|---|
| What | Enjoy a two-course meal and bingo in the company of this friendly social group. Weekly lunches alternate with a bus trip every four weeks. A detailed program is available from the House. |
| Who | Older adults |
| Where | 89 McCracken Street, Kensington |
| When | Wednesdays 12.30pm to 2.30pm |
| Cost | Lunches \$8.00 Bus trips \$8 plus entry and lunch costs |
| Contact | Bookings are essential. Call (03) 9376 6366 or send email . ⁴⁰ |
| Website | Visit the Kensington Neighbourhood House website . ⁴¹ |
| Transport | Train: Kensington Train Station is a 3 minute walk from the House. If arriving from the City, cross Bellair Street and walk up Wight Street. McCracken Street is at the top of the hill. Tram: Stop 26 (Racecourse Rd) on the route 57 tram (West Maribyrnong to City Elizabeth St) is 10 minutes' walk. Parking: All day parking is located on McCracken Street in front of the House. Two hour parking can be found on surrounding streets. |

The Living Room

| | |
|------------------|--|
| What | Help yourself to snack food in drop in area, the food varies but there is often bread, fresh fruit, sandwiches and tea/coffee available. |
| Who | Open to everyone |
| Where | 7-9 Hosier Lane, Melbourne |
| When | Drop in open Monday to Friday between 1pm and 4pm (all other times by appointment) |
| Cost | Free |
| Contact | Call (03) 9945 2100 |
| Transport | Train: Flinders St station Trams: 35, 70, 71, 75 |

Matthew Talbot Fitzroy Soup Van

Open public holidays

| | |
|----------------|---|
| What | Soup van. Food includes sandwiches, soup, sausage rolls, meat pies, pasties, tea/coffee and cordial. |
| Who | Open to everyone |
| Where | North Melbourne Oval, Boundary Road from 7.15pm to 7.30pm All Saints Church, Fitzroy, Fitzroy police station from 7.45pm to 8pm Fitzroy Gardens, Landsdowne Street, East Melbourne, St Patrick's Cathedral from 8.15pm to 8.30pm Flinders Street Station, Melbourne, Flinders Street Station from 8.45pm to 9pm Hanover House, 52 Haig Street, South Melbourne, Princess Highway/Westgate Freeway from 9.15pm to 9.30pm Queen Victoria Market carpark, Peel and Franklin Streets, Melbourne, carpark from 9.45pm to 10pm Times are approximate. |
| When | Every night of the week and public holidays |
| Cost | Free |
| Contact | Call 9895 5800 or send email . ⁴² |

Meals at the Bridge

| | |
|------------------|---|
| What | Pop-Up Cafe serving 3 course home-cooked, nutritious meals |
| Who | Aimed at people who are homeless, marginalised, socially disadvantaged. |
| Where | 80 Rebecca Walk in Batman Park (Batman Park Gallery), Melbourne |
| When | Every Saturday at 5pm |
| Cost | Free |
| Contact | Call team leader Michael Carter on (03) 9836 7040 or send email . ⁴³ |
| Website | Visit Meals at the Bridge website . ⁴⁴ |
| Transport | Train: Southern Cross station Tram: 35, 70, 71, 75, 96, 109 112 |

Missionaries of Charity, Men

| | |
|------------------|--|
| What | Dinner |
| Who | Men only |
| Where | Rear 69 George Street, Fitzroy |
| When | 5pm on Monday, Tuesday, Wednesday, Saturday and Sunday |
| Cost | Free |
| Contact | Call (03) 9417 1704 |
| Transport | Tram: Route 86 |

The Olive Way

| | |
|------------------|--|
| What | Snacks, sandwiches and coffee. |
| Who | General community but with a focus on people on low incomes, people with disabilities and/or poor mental health. |
| Where | Brunswick Uniting Church, 212-214 Sydney Road, Brunswick |
| When | 10am to 12pm Tuesdays 10am to 1.30pm Wednesdays and Thursdays |
| Cost | \$3 |
| Contact | Call Carlynne Nunn, Community Outreach Worker, on 0409 285 182 or send email . ⁴⁵ |
| Transport | Train: Jewell Station Tram: Route 19 |

Open Door, Seventh Day Adventist Church

| | |
|------------------|---|
| What | Dinner |
| Who | Open to everyone |
| Where | 27 Alfred Crescent, Fitzroy |
| When | Tuesday, Thursday and Sunday between 6.30pm to 7.30pm |
| Cost | Free |
| Contact | Call (03) 9857 7977 |
| Website | Visit the website . ⁴⁶ |
| Transport | Tram: Routes 112, 11. Tram stop 21 corner of Alfred Crescent and St Georges Rd, Fitzroy North |

Open Family Chatterbox Bus

| | |
|------------------|---|
| What | Outreach service, offering food, tea and coffee |
| Who | Disadvantaged young people aged 12 to 25 years |
| Where | Operates in central city and surrounding suburbs. You can find them most nights between 9pm and 10pm near St Paul's Cathedral, corner Flinders and Swanston Street, Melbourne |
| When | Five nights a week from Tuesday to Saturday from 7.30pm to 12pm |
| Cost | Free |
| Contact | Call 1300 669 600 or send email ⁴⁷ |
| Transport | Train: Flinders Street station Tram: Routes 1,3, 3a, 5, 6, 8, 16, 35, 64, 67, 70, 71, 72, 75 |

Open House at St Peters and Pauls

| | |
|------------------|--|
| What | Breakfast, BBQ lunch, dinner and tea and coffee |
| Who | Proof of residency in South or Port Melbourne, or Health Care or Pension Cards |
| Where | St Peters and Pauls Church, 377 Dorcus Street, South Melbourne |
| When | Breakfast on Wednesdays at 10am BBQ lunch on Fridays at 12.30pm Dinner on Mondays and Tuesdays at 5pm Tea and coffee from Monday to Friday between 11am and 3pm |
| Cost | Free |
| Contact | Call (03) 9696 5895 or send email . ⁴⁸ |
| Website | Visit the website ⁴⁹ or visit the Facebook page . ⁵⁰ |
| Transport | Tram: Routes 1 or 96 |

Open Table

Vegetarian meals

| | |
|----------------|---|
| What | Open Table uses surplus food to create wholesome community feasts every month, bringing together people from all walks of life. Operating as a not-for-profit food redistribution project, the group collects surplus produce and presents delicious vegetarian meals. |
| Who | Open to everyone |
| Where | Brunswick Neighbourhood House, 43a De Carle Street, Brunswick Fitzroy Community Kitchen in Atherton Gardens, entrance from Napier Street, Fitzroy Collingwood Neighbourhood House, 253 Hoddle Street, Collingwood |
| When | 1 st Sunday of the month at Brunswick Neighbourhood House from 12pm to 2pm 3 rd Sunday of the month at Fitzroy Community Kitchen in Atherton Gardens from 12pm to 2pm 4 th Sunday of the month at Collingwood Neighbourhood House from 12pm to 2pm |
| Cost | Free |
| Contact | Send email to Open Table . ⁵¹ |
| Website | Visit the Open Table website ⁵² or the Open Table Facebook page . ⁵³ |

Ozanam Community Centre

| | |
|------------------|---|
| What | Breakfast and lunch |
| Who | Available to anyone. No documentation required. Drop in centre, referral not required. |
| Where | 268 Abbotsford Street, North Melbourne, Corner of Abbotsford and Arden Streets, enter via Arden Street |
| When | Breakfast: Monday to Friday from 9.15am to 10am Lunch: Monday to Friday 12.00pm to 1pm A weekend takeaway lunch pack is provided by Ozanam Community Centre and available at Ozanam House from 1 to 1.30pm. |
| Cost | Breakfast free, lunch \$2 donations welcomed |
| Contact | Call (03) 9329 6733 |
| Website | Visit the website ⁵⁴ |
| Transport | Tram: Route 57 from Elizabeth Street |

Prahran Mission Café at Prahran City Mission

| | |
|------------------|---|
| What | Breakfast and lunch |
| Who | Concession card essential |
| Where | 211 Chapel Street, Prahran |
| When | Breakfast: Monday to Friday between 7.30am and 9.30am Lunch: Monday to Friday between 11am and 2pm |
| Cost | Breakfast \$1 Lunch from \$3.90 |
| Contact | Call (03) 9692 9500 |
| Transport | Train: Prahran Station Tram: Routes 6, 78, 79 |

Realfoods Café at RMIT

Vegetarian, vegan and gluten-free meals

| | |
|------------------|--|
| What | The Realfoods Café is a student-run social enterprise which provides cheap organic, vegetarian and vegan meals. |
| Who | Open to students and non-students. |
| Where | RMIT University City Campus, 360 Swanston Street, Food Court, Building 8, Level 4, Melbourne |
| When | Open Monday to Friday, 11am to 4pm during university semesters. |
| Cost | Low-cost meals |
| Contact | Call cafe coordinator Lucy Stegley on (03) 99259791 or 0418 517 273, or send email . ⁵⁵ |
| Website | Visit the RMIT website . ⁵⁶ Visit the Facebook page . ⁵⁷ |
| Transport | Trains: Melbourne Central, the café is located opposite the station. Tram routes 1, 3, 3a, 5, 6, 16, 30, 64, 67 or 72 |

Recycled Food Network

| | |
|------------------|--|
| What | Recycled Food Network recycles leftover food from cafés around the central city and redistributes to those less fortunate. |
| Who | Open to everyone |
| Where | City Square, Melbourne |
| When | 5pm to 6.30pm daily |
| Cost | Free |
| Contact | Contact the Recycled Food Network by email . ⁵⁸ |
| Website | Visit the Recycled Food Network website . ⁵⁹ |
| Transport | Trains: Flinders Street Station Tram: Routes 1,3, 3a, 5, 6, 8, 16, 35, 64, 67, 70, 71, 72, 75 |

Rosie's Bus

| | |
|------------------|--|
| What | Tea, coffee, biscuits, milo and cordial |
| Who | Open to everyone |
| Where | Flinders Street Station steps, Melbourne |
| When | Wednesday and Friday between 8.30pm and 10.30pm |
| Cost | Free |
| Transport | Trains: Flinders Street Station Tram: Routes 1,3, 3a, 5, 6, 8, 16, 35, 64, 67, 70, 71, 72, 75 |

Sacred Heart Mission

Open public holidays

| | |
|----------------|--|
| What | Breakfast and lunch |
| Who | Open to everyone, particularly welcome people who are homeless, socially disadvantaged and isolated |
| Where | 87 Grey Street, St Kilda |
| When | Every day of the year Breakfast, weekdays from 8.30am to 10.30am, weekends and public holidays from 9am to 10.30am Lunch, daily from 11.45am to 1.15pm |
| Cost | Free |
| Contact | Call (03) 9537 1166 or send email . ⁶⁰ |

| | |
|------------------|---|
| Website | Visit the Sacred Heart Mission website. ⁶¹ |
| Transport | Tram: Routes 16, 96 |

Salvation Army (Project 614), The Couch International Student Centre

| | |
|------------------|--|
| What | Dinner. The Salvation Army also provides provide food through their Marketplace. Refer to the Food Parcels and Vouchers section. |
| Who | International students |
| Where | 69 Bourke St, Melbourne |
| When | Monday to Thursday 5pm to 9pm |
| Cost | Free |
| Contact | Call Peter Hichaaba, Couch Coordinator 0451 374 507 or send email. ⁶² |
| Website | Visit the Facebook page. ⁶³ |
| Transport | Train: Parliament station Trams: Route 86, 96 |

Salvation Army (Project 614), Hamodava Café

| | |
|------------------|--|
| What | Breakfast and lunch. They also provide food through their Marketplace; refer to the Food Parcels and Vouchers section. |
| Who | People who are homeless, marginalised |
| Where | 69 Bourke St, Melbourne |
| When | Monday to Friday Breakfast from 9am to 10.30am Lunch from 11.30am to 1pm |
| Cost | Free |
| Contact | (03) 9653 3299 Linh Nguyen, Hamodava Café (03) 9653 3213 |
| Website | www.salvationarmy.org.au/en/Find-Us/Victoria/Melbourne614/melbourne614-services/HamodavaCafe/ |
| Transport | Train: Parliament station Trams: Route 86, 96 |

Senior Citizen Centres, Food with Friends

| | |
|--------------------------------|---|
| What | Multicultural lunches with three course meals from different cuisines. City of Melbourne also offers lunch Monday to Friday at four community centres. Please phone 9658 9190 for more information. |
| Who | Adults 55 years and older |
| Where, when and contact | <p>2nd and 4th Wednesday of the month at 12.30pm Carlton Senior Citizens Centre 180 Palmerston Street, Carlton (03) 9347 7823 (Wednesday to Friday, 10am to 3pm)</p> <p>1st and 3rd Thursday of the month at 12.00pm Kensington Neighbourhood Centre 18 Anthony Street, Kensington (03) 9658 9190</p> <p>2nd and 4th Friday of the month at 12pm South Yarra Senior Citizens Centre Fawkner Park, 65 Toorak Road West, South Yarra (03) 9820 2760 (Monday to Friday 10am to 3pm) Bookings are essential. Contact the centres directly. Not open public holidays.</p> |
| Cost | \$6.90 |
| Transport | <p>Carlton Senior Citizens Centre Tram: Routes 1,8</p> <p>Kensington Neighbourhood House Train: Newmarket Station Tram: 57</p> <p>South Yarra Senior Citizens Centre Train: South Yarra Station Tram: 8</p> |

St Mary's House of Welcome

| | |
|------------------|---|
| What | Breakfast, morning tea, lunch and afternoon tea. |
| Who | Open to adults aged over 18 years. |
| Where | 165 to 169 Brunswick Street, Fitzroy |
| When | Breakfast, Monday to Saturday from 8.45am to 9.15am Morning tea, Monday to Saturday at 10.30am Lunch, two course meal from Monday to Saturday, 12pm to 12.30pm Afternoon tea, Monday, Tuesday, Thursday, Friday at 3pm |
| Cost | Breakfast, free or donations accepted Morning and afternoon tea, free Lunch, \$2 |
| Contact | Call (03) 9417 6497 or send email . ⁶⁴ |
| Website | Visit the St Mary's House of Welcome website . ⁶⁵ |
| Transport | Tram: Route 112 |

St Silas Sunday Suppers

| | |
|------------------|---|
| What | Two course dinner |
| Who | Open to everyone |
| Where | St Silas Church Hall, 99 Bridport Street, Albert Park |
| When | Every Sunday at 5pm |
| Cost | Free |
| Contact | Call the church office on (03) 9696 5116 |
| Transport | Tram: Route 1, 96, 112 |

The Kitchen

Open public holidays

| | |
|--------------|--|
| What | Continental style breakfast including cereals, toast, juice, tea or coffee and an occasional cooked breakfast. Lunch is two courses with the main course generally including meat. Tea and coffee facilities also provided. |
| Who | Homeless people but restricted to over 18 years of age. |
| Where | North Melbourne YMCA Community Centre, 49 Bunclie Street, North Melbourne |
| When | Breakfast: Saturday from 8.45am to 10am Lunch: Saturday from 12pm to 3pm |

| | |
|------------------|--|
| | Note: Meals and activities often provided on holidays such as Easter and Christmas Eve. Open public holidays |
| Cost | Free |
| Contact | Call Jim Davison (Many Rooms Management) on (03) 9320 4700 or (03) 8325 1820 |
| Website | Visit the website. ⁶⁶ |
| Transport | Tram: Route 59, get off at Boundary Road Train: Macaulay Station on Upfield Line Bike: Capital City Trail and turn off at Macaulay Station |

University of Melbourne Food Co-op

Vegetarian, vegan and gluten-free meals

| | |
|------------------|--|
| What | Lunches, diverse range of organic, vegan and gluten free hot dishes including sweets and a range of tea. |
| Who | Open to everyone, not just students. You don't have to be a member or volunteer to eat at the Melbourne University Food Co-op, however membership entitles you to 10% on everything. Volunteering for 2 hours per week at the Co-op gets you a free meal and 20% off everything. |
| Where | 1st Floor, Union House, University of Melbourne, Parkville. Walk down Tin Alley and turn left into Union Road. |
| When | Open 9am to 4pm, Monday to Friday Open on Wednesdays until 7pm |
| Cost | Low cost meals between \$5 and \$8. |
| Contact | Call (03) 9347 8716 or send email. ⁶⁷ |
| Website | Visit the website ⁶⁸ or visit the Facebook page. ⁶⁹ |
| Transport | Trams: Routes 1, 8 along Swanston Street. Get off at University tram stop and enter Gate 1 at Tin Alley. Route 19 along Royal Parade: Enter Gate 14 at Tin Alley. Car: public car parks are available on campus. Visit the website ⁷⁰ for locations. |

Wominjeka BBQ

| | |
|------------------|---|
| What | Lunch and a space for local Aboriginal and Torres Strait Islander community to meet, eat and yarn. |
| Who | Anyone from the local Aboriginal and Torres Strait Islander community. |
| Where | Veg Out, corner Shakespeare Grove and Spencer Street, St Kilda, opposite Luna Park |
| When | Every Monday from 11.30am |
| Cost | Free |
| Contact | Call the Indigenous Access Program coordinator on 9534 0981 or send email . ⁷¹ |
| Transport | Tram: Routes 3a, 16, 79, 96 |

Community kitchens and classes

Cooking classes are a great way to learn the basics for creating affordable and healthy meals at home and a great way to make new friends. They are often run and taught by a chef or dietitian to build people's skills and knowledge.

A community kitchen is different in that it is owned and run entirely by the participants. They make all the decisions about the running of the group including how often the group meets and what they will be cooking. Community kitchens are for everybody in the community. They come together at a community based venue on a regular basis to socialise and cook affordable and nutritious meals. The participants then share the meal or divide it up to take home. By purchasing ingredients and cooking in bulk, community kitchens can produce meals at a lower cost than individuals who cook at home for themselves.

Atherton Gardens community kitchen

| | |
|------------------|---|
| What | Learn how to prepare healthy, culturally diverse and affordable meals, and share food in a spirit of conviviality. Cultivating Community, with funding from the Fitzroy Housing Office, coordinates the management of the kitchen, supports and encourages a variety of groups to use the kitchen and also runs a weekly cooking program in the kitchen. The kitchen has a plot in the community garden for herbs and seasonal vegetables and composts all food scraps through the community garden. |
| Who | The community kitchen is available to groups and individuals for food related events, workshops, activities and celebrations. |
| Where | Fitzroy Community Food Centre at Atherton Gardens Estate 125 Napier Street, Fitzroy (next to the Fitzroy community garden) |
| When | Contact Peta at Cultivating Community for more information on current programs and availability – contact details below. |
| Cost | Free |
| Contact | The kitchen is available to local groups and individuals to use regularly, or for one-off events. For more information, call (03) 9429 3084, email ⁷² or visit the website . ⁷³ |
| Transport | Tram: Routes 11, 86, 112 |

Kitchen Mates

| | |
|------------------|---|
| What | Runs fortnightly for people who want to meet new friends and cook and eat low cost, healthy meals together in a supportive environment. Run by South Port Uniting Church. |
| Who | General community, people on low incomes, people with disabilities and/or poor mental health |
| Where | Port Melbourne Uniting Church Hall, corner of Nott and Bridge Streets, Port Melbourne (enter off Nott Street) |
| When | Held fortnightly on Friday between 11am and 1pm |
| Cost | Participants decide what the group will cook at the next session and pay on a per serve basis (approximately \$3 per serve). |
| Contact | Bookings required. Contact Janet Hoare, South Port Uniting Church (03) 9690 1188 or send email . ⁷⁴ |
| Transport | Tram: Route 109, North Port station (stop 127), 4 minute walk along Raglan and Nott Sts (start towards Bay St) Bus 238, 250, 253, corner Bay and Bridge St, 1 minute walk along Bridge St (follow Uniting Church sign) |

St Kilda Community Kitchen

| | |
|------------------|---|
| What | <p>The St Kilda Community Kitchen is a community-run weekly activity that is based on the idea that we all get stuck on cooking the same recipes day in, day out. While those recipes might be tired and boring to one person, they're completely new and exciting to others.</p> <p>Each week people come together to have fun socialising and cooking, all the while expanding their cooking repertoire.</p> <p>With everybody pitching in their ideas and skills in this way, you don't need to be an expert to join in the fun, since it's really about enjoying the experience of cooking in a relaxed and friendly group setting. The St Kilda Community Kitchen uses food that is kindly provided by SecondBite.</p> |
| Who | Open to everyone |
| Where | 114 Inkerman Street, St Kilda |
| When | Every Monday from 6.30pm to 8.30pm |
| Cost | Free |
| Contact | For enquires, contact Ross Dickson on 0412 383 162 |
| Transport | Enter off Bath St and look for the signs pointing to the Community Room, also known as the Pinaroo room. |

Grow and Eat

| | |
|------------------|--|
| What | This is a social cooking activity using produce from the Simply Living community garden. |
| Who | General community, people on low incomes, people with disabilities and/or poor mental health |
| Where | Port Melbourne Uniting Church Hall, corner Nott and Bridge Streets, Port Melbourne (enter off Nott Street) |
| When | 1 st Wednesday of the month, between 1.30pm and 3pm |
| Cost | \$2 per session |
| Contact | Bookings required. Janet Hoare, South Port Uniting Church on (03) 9690 1188 or send email . ⁷⁵ |
| Transport | Tram: Route 109, North Port station (stop 127), 4 minute walk along Raglan and Nott Sts (start towards Bay St) Bus 238, 250, 253, corner Bay and Bridge Streets, 1 minute walk along Bridge St (follow Uniting Church sign) |

Kitchen skills, Port Melbourne Neighbourhood House

| | |
|------------------|---|
| What | Participants learn to cook cheap practical meals, starting with the very basics (no experience needed). Each week participants prepare a meal together (a main course and dessert) with the chef, and then sit down to share the meal they have prepared. The class is small and relaxed with the main focus being on fun and having a good time. |
| Who | Open to everyone |
| Where | Port Melbourne Neighbourhood House, corner Liardet and Nott Streets, Port Melbourne |
| When | Classes are run every Wednesdays from 11am to 1pm during the school term. |
| Cost | \$5 per session. |
| Contact | (03) 9645 1476 or send email . ⁷⁶ |
| Transport | Tram: Route 109 |

From the market to the kitchen – social cooking group

Runs until September 2014, with the hope of continuing in 2015 (dependent on funding by City of Melbourne)

| | |
|-------------|--|
| What | For people who would like to learn basic cooking skills including how to make your favourite recipes healthier, how to cook quick, nutritious meals, how to cook with limited equipment including one pot dishes and microwave meals. Discover where local markets and affordable food outlets are, gain an accredited certificate in food handling, improve your nutrition knowledge, make new friends, receive one-one-one advice from the dietitian and get assistance setting up your kitchen at home. |
| Who | This group is open to people who would like to socialise while improving their cooking skills and nutrition knowledge, especially those who have recently moved into housing and who |

| | |
|------------------|--|
| | have limited cooking facilities. |
| Where | Drill Hall, 20 Therry Street, Melbourne |
| When | Fridays from 1pm to 4pm First intake starts 30 May and second intake starts 22 August 2014 Group runs for 6 weeks |
| Cost | Free |
| Contact | Contact Susie at Central City Community Health Centre on (03) 9677 0800, or freecall 1300 022 247 or send email . ⁷⁷ |
| Transport | Walk: Approximately a 10 minute walk from Melbourne's central business district. Walk toward the Queen Victoria Market along Elizabeth Street. Tram: Route 57 (West Maribyrnong), Route 59 (Airport West), Route 19 (North Coburg) all travel along Elizabeth street and stop outside the Queen Victoria Market. Train: Melbourne Central Train Station is within walking distance. Parking: Metered parking is located on the street and large car parks are available nearby. Bike: Bike parking is available via bike parking hoops in the streets. |

Find cooking classes in the city

There are often free cooking activities going on throughout the City of Melbourne. Visit the [Queen Victoria Market website](#)⁷⁸ to find out about cooking events happening at the market, and visit the [City of Melbourne What's On website](#)⁷⁹ to find out about cooking classes throughout the municipality.

Nutrition education and support

Local community health centres offer a wide range of health services, including nutrition services, for people who live in the local area.

CoHealth Community Health Centre

Cohealth has nutrition and dietitian services which provide support to help you develop self-management skills around food budgeting, purchasing, preparation and cooking. These services are free for people experiencing disadvantage in the City of Melbourne. One-on-one sessions can be accessed at all of their sites listed below.

CoHealth, central city

| | |
|------------------|--|
| Where | 53 Victoria Street, Melbourne (Near the Queen Victoria Market) |
| When | Drop in Fridays from 1pm to 4pm Or book a one-on-one appointment. Centre is open from 10am to 4pm, Monday to Friday |
| Cost | Free |
| Contact | Come in or phone 9677 0800 or freecall 1300 022 247 to make an appointment. |
| Transport | Tram: 59, 57 Train: Melbourne Central Station |

CoHealth, Doutta Galla

| | |
|------------------|--|
| Where | 12 Gower Street, Kensington |
| When | Open 8.30am to 5.00pm, Monday to Friday |
| Cost | Free |
| Contact | Call (03) 8378 1600 to book an appointment |
| Transport | Train: Craigieburn line - Kensington Station Bus: 402 Footscray to East Melbourne - Stops at Gower Street / Macaulay Road |

Dietitian outreach services

CoHealth runs dietitian outreach sessions at several locations across the City of Melbourne. These are either fortnightly or monthly services. Please call the individual service, on the relevant number below, for dates.

- **Ozanam Community Centre** Tuesday, 10am to 12pm, drop in or phone 9329 6733 for an appointment
- **Frontyard Youth Services** Wednesday, 1pm to 4pm, phone 9611 2411 for an appointment
- **The Living Room** Thursday, 1pm to 4pm, phone 9945 2100 for an appointment

Dietitians from CoHealth also attend some local community meals to provide free advice and support in a relaxed environment. These services change from month to month. Call 9677 0800 or 1300 022 247 to find out dates.

Community gardens

Community gardens enable local people without access to a garden to grow their own fresh food on public or underused land. Gardens may be on housing commission estates, vacant blocks and land awaiting development. Management models vary according to the land ownership, community and authority involved.

Community gardens on City of Melbourne owned and managed land

Docklands Community Garden (currently seeking members)

Geographe Street, Docklands

Docklands community garden has:

- lemon and lime trees
- a rosemary grove,
- vegetable patches
- a communal BBQ
- plus barrels for herbs and other edibles.

Over winter, garden beds are open for all to dig as they please, and people are welcome to help develop the guiding principles and systems for a coordinated spring planting season. It's a great place for people to literally get their hands dirty and become green thumbs in a convivial community garden.

Kensington Community Garden

At Kensington Community Recreation Centre, end of Westbourne Street, Kensington.

38-49 private plots. Must apply. Plots allocated to 3031 residents only. Does not conduct community development activities or provide education workshops. Run by YMCA.

East Melbourne Community Garden

230-298 Wellington Parade (located behind Sinclair House at the Fitzroy Garden), Melbourne 3002

Community garden for the East Melbourne Community Garden Group with 10 plots. Land is leased for \$1 per year for 12 months with an option to extend.

Community gardens privately owned or managed

North Melbourne Sustainability St Community Garden

Melrose Street, North Melbourne

Attached to the St Albans Anglican Church, 6 plots.

University of Melbourne community garden

Melbourne Uni Parkville Campus

Open to students, ex-students and locals to grow vegetables, fruit and herbs. Each week people get together to work on the garden, teach each other new things and, of course, eat the food grown. The best way to join the garden is to come to a working bee. For updates, like the Facebook page or visit the [website](#).

Community gardens on public housing estates (state government land) within the City of Melbourne

Alfred Street Community Garden

Alfred Street, North Melbourne

60 plots located at the base of the Alfred Street high rise block in North Melbourne, this garden feels very much like the tenants' backyard. It was refurbished through our Garden Improvement program in 2012, with financial support provided by the Department of Human Services. The food grown in this garden reflects the cultural diversity of the local community, including many Vietnamese and African gardeners. Managed by Cultivating Communities.

Buncle Street Community Garden

49-53 Buncle Street, North Melbourne

45 plots tucked in beside the North Melbourne Community Centre. Home to gardeners mostly from Central America, South America and China, the garden is a peaceful space where a love of growing is freely shared amongst the gardeners despite language barriers. Managed by Cultivating Communities.

Carlton Community Garden

530 Lygon Street (to the rear of 140 Neill Street), Carlton

The 530 Lygon Street Community Garden was rebuilt during 2012 with financial support provided by the Department of Human Services and philanthropic sources. The garden is specially designed for older residents.

Crown Street Community Garden

Crown Street, Carlton

Located on a high-rise estate close to Melbourne showgrounds. Managed by Cultivating Community.

Flemington community garden

Racecourse Road, Flemington

The Flemington Community garden is managed by Cultivating Community. Originally established in the early 1990s, it underwent major renovation during 2005.

Kensington Housing Estate Community Garden

78 Clifford Terrace, Kensington

Neill Street Community Garden

Neill Street, Carlton

Recently rebuilt in 2010, over 60 gardeners make use of this small space nestled in between the original Carlton towers and the new private/public development. This garden provides a great example of how much can be produced in a small space. A small pizza oven provides a resource for garden celebrations. Managed by Cultivating Community.

Community Gardens within City of Melbourne schools

Carlton Primary School

Drummond Street, Carlton

Kensington Primary School

McCracken Street, Kensington

Lady Huntington Children's Centre

87- 93 Haines St, North Melbourne

5 child height plots, used for kindergarten education program and for produce for the children's day menus.

Yarra Park Children's Centre school garden

27 Berry Street, East Melbourne

City of Melbourne community garden policy and guidelines

This Policy and Guidelines cover the establishment and operation of community gardens located on City of Melbourne owned and managed land.

They provide information and advice and detail how funding support can be obtained through community grants to those interested in setting up a garden.

www.melbourne.vic.gov.au/Sustainability/WhatCanIDo/Pages/CommunityGardening.aspx

City of Melbourne's street garden policy and guidelines

These guidelines help community members to plant and maintain gardens on their nature strips and median strips. View the [Street Garden Guidelines](#) (PDF, 5MB).

Food growing education

Whether you have a huge backyard garden, a tiny balcony, or even just a window sill, just about anyone can grow food in the city.

Collingwood Children's Farm - volunteer sessions

| | |
|------------------|--|
| What | Keen gardeners or those who'd like to learn more about gardening can join in these volunteer sessions to learn more about land care and harvesting fruit and vegetables. |
| Who | Open to everyone. It is compulsory for all volunteers to have a current Working with Children check. As a volunteer you may get one for free, you just need to pay for the photos. Forms can be obtained from the post office. |
| Where | Collingwood Children's Farm, 18 St Heliers St, Abbotsford |
| When | Every Tuesday afternoon from 1.30pm. No need to call or book, just turn up on the day. |
| Cost | No cost, you volunteer your time. |
| Contact | Call Anita Stec (03) 9417 5806 or send email. |
| Website | Collingwood Children's Farm ⁸⁰ |
| Transport | |

Edible Gardening for Beginners - The Little Vege Patch Company

| | |
|----------------|--|
| What | In this 2 hour workshop you will learn how to grow your own organic vegetables, take care of your gardens and how to make the most of small spaces. You will get simple and localised information and tips to grow a thriving garden in any space, get dirt between your fingers, with a hands-on interactive learning environment and receive an heirloom seed pack. |
| Who | Open to anyone. |
| Where | Workshops are held at our Nursery in St Kilda East and Pop Up Patch in Federation Square, Melbourne. |
| When | Find out more or book on this website ⁸¹ . |
| Cost | \$45 per person |
| Website | Visit the Little Vege Patch Company ⁸² , a Melbourne-based business dedicated to helping people grow food. They run other food-related workshops such as preserving. |

Gardening Veg Out

| | |
|----------------|--|
| What | <p>Veg Out is a gardening group for people who want to learn how to grow, harvest and prepare their own vegetables. At Veg Out you will learn:</p> <ul style="list-style-type: none">• how to plan what to plant• gardening including weeding, watering, sowing seeds and transplanting seedlings• how to harvest vegetables• some cooking activities using the freshly picked vegetables <p>The program is run by Inner South Community Health Centre.</p> |
| Who | <p>People who want to garden and have limited access to gardening and people who would like to meet others who share an interest in gardening.</p> |
| Where | <p>Veg Out garden, corner Shakespeare Grove and Chaucer Street, St Kilda</p> |
| When | <p>The group runs every second Wednesday of the month from 11am to 12.30pm. Group members can come to the garden at any time and water or weed.</p> |
| Contact | <p>Call (03) 9534 0981 or send email.⁸³</p> |
| Cost | <p>Free</p> |
| Website | <p>Visit the Gardening Veg Out.⁸⁴</p> |

Permablitz Melbourne

| | |
|----------------|---|
| What | <p>Permablitz is an informal gathering involving a day on which a group of at least two people come together to create or add to edible gardens. Permablitzes are free events, open to the public, with free workshops and shared food. If you come to three or so permablitzes, they can help organise one at your house. The permablitz network is based on reciprocal volunteer support.</p> |
| Who | <p>Anyone and everyone can come to a permablitz. Skill level and even physical capacity aren't problems at all. We especially welcome first time gardeners. Just come and contribute anyway you are able.</p> |
| Where | <p>For upcoming events, see the link below.</p> |
| When | <p>Getting involved is easy. Go to their website (see below) and sign up to the Melbourne Permablitz Newsletter to stay in the loop about upcoming blitzes and courses. You'll get dates and addresses, and then you can just show up, or RSVP where asked.</p> |
| Cost | <p>Free</p> |
| Contact | <p>Visit the Permablitz.⁸⁵</p> |

Fresh food markets

Fresh food markets operate regularly at public locations and 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 end 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.

Handy tips

- You can find your nearest farmers' market with the Victorian Farmers' Market Association Farmers' Market iPhone app. Find it by searching for 'farmrsmarkts'. The app will tell you which producers are attending each market.
- Want to know where you can buy the cheapest fruit vegetables in the City of Melbourne? Findings from a recent Healthy Food Basket Survey conducted by CoHealth Community Health Centre (July 2014) found Queen Victoria Market, followed by ALDI supermarket, to be the cheapest.

Fresh food markets within the City of Melbourne

Carlton Farmers' Market

| | |
|------------------|---|
| Where | Carlton Primary School, corner Palmerston and Rathdowne Streets, Carlton |
| When | From Saturday 4th October, every 1st and 3rd Saturday of the month from 8am to 1pm |
| Cost | Gold coin donation for entry |
| Website | Visit the website. ⁸⁶ |
| Transport | Tram: Route 1 or 8- Stop 112 Elgin St/Lygon Street, Route 1 or 8- Stop 113 Lytton St/Lygon St Bus: Route 250 or 251 - Stop 659 Pitt St/Rathdowne St, Route 250 or 251- Stop 349 Kay St/Rathdowne St Street Parking Available on surrounding Palmerston, Drummond, Rathdowne and Lygon Streets |

Queen Victoria Market

| | |
|------------------|--|
| Where | Corner of Victoria and Elizabeth Streets, Melbourne |
| When | Tuesday and Thursday 6am to 2pm Fridays from 6am to 5pm Saturdays from 6am to 3pm Sundays from 9am to 4pm Closed on Mondays, Wednesdays and public holidays |
| Cost | Free entry |
| Website | Visit the Queen Victoria Market. ⁸⁷ |
| Transport | Free parking is available with entry and exit between 6am and 10am Sunday to Friday and between 6am and 8am on Saturday. Train: Within walking distance of Melbourne Central Station (Elizabeth Street exit, head north) and Flagstaff Station (north along William Street). Bus: The Melbourne Visitor Shuttle goes to the Market for \$5! Get off at stop 8. Bike: There is free bike parking in and around the Market. Major bike lanes leading to the Market run along Royal Parade and Victoria Street. Tram: Routes 57, 58 and 19. Or take the free City Circle tram. Get off at the corner of La Trobe and Elizabeth Streets. |

Southbank Farmers' Market

| | |
|------------------|---|
| Where | Boyd Community Hub, 207 City Road, Southbank |
| When | 1st Saturday of every month from 8am to 1pm |
| Cost | Free entry |
| Website | Visit the website. ⁸⁸ |
| Transport | Tram: Route 55 (stop 114 – corner City Road/Queensbridge Street) Bus: 250, 251 and 253 (stop 114 – corner City Road/Queensbridge Street) On-street metered parking available on City Road, Balston and Kavanagh Streets |

Fresh food markets in surrounding suburbs

CERES Organic Market

| | |
|----------------|--|
| Where | Corner Roberts and Stewart Streets, Thornbury |
| When | Monday to Friday 9am to 4pm Weekends 9am to 2pm |
| Cost | There is no entry cost to CERES market, but you can make a gold coin donation if you wish. |
| Website | Visit the website. ⁸⁹ |

Collingwood Children's Farm Farmers' Market

| | |
|--------------------|--|
| • Where | 18 St Heliers Street, Abbotsford |
| • When | 2nd Saturday of the month from 8am to 1pm |
| • Cost | \$2.00 donation per adult, children are free to enter |
| • Website | Visit the website. ⁹⁰ |
| • Transport | Bus: 200 and 2007 (stop Clarke/Johnston Street (Abbotsford)) Carpark: Rates: 0-30mins Free, 30min-1hr \$1, 1-2hr \$3, 2-3hr \$4, 3-5hr \$6, 5-12hr \$8. |

Fitzroy Street Farmers' Market

| | |
|----------------|--|
| Where | 80 Fitzroy Street (corner of Fitzroy Street and Lakeside Drive), St Kilda |
| When | 4th Saturday of the month from 8.30am to 1pm |
| Cost | Gold coin donation to enter |
| Contact | www.vicfarmersmarkets.org.au/market/fitzroy-st-farmers-market |

Flemington Farmers' Market

| | |
|----------------|---|
| Where | Mt Alexander Secondary College, 169-175 Mt Alexander Road, Flemington |
| When | Every Sunday from 9am to 1pm |
| Cost | Free entry |
| Contact | Visit the website. ⁹¹ |

Gasworks Farmers' Market

| | |
|------------------|--|
| Where | Gasworks Arts Park, 21 Graham Street, Albert Park |
| When | 3rd Saturday of every month from 8.30am to 1pm |
| Cost | Free entry |
| Contact | Visit the website. ⁹² |
| Transport | Tram: Route 1 (stop 31 – Graham Street/Victoria Ave) |

Gleadell Street Fresh Food Market

| | |
|------------------|--|
| Where | Gleadell Street, Richmond |
| When | Every Saturday from 7am to 1pm but does not run on public holidays that fall on a Saturday |
| Cost | Free entry |
| Website | Visit the website. ⁹³ |
| Transport | Gleadell Street (off Bridge Rd) is 15 minutes east of the central city. Catch Tram 48 (North Balwyn – Victoria Harbour, via Collins Street) or 75 (Vermont South – City, via Flinders Street) and disembark at Stop 19 – Richmond Town Hall. The market is located next to the town hall in Gleadell Street. |

Slow Food Farmers' Market

| | |
|------------------|--|
| Where | Abbotsford Convent, St Heliers Street, Abbotsford |
| When | 4th Saturday of the month from 8am to 1pm |
| Cost | \$2 donation per adult, free for children |
| Website | Visit the website. |
| Transport | Bus: 200 and 2007 (stop Clarke/Johnston Street (Abbotsford)) Carpark: Rates: 0-30mins Free, 30min-1hr \$1, 1-2hr \$3, 2-3hr \$4, 3-5hr \$6, 5-12hr \$8. |

Prahran Market

| | |
|----------------|--|
| Where | 163 Commercial Road, South Yarra |
| When | Tuesdays from 7am to 5m Thursdays from 7am to 5m Fridays from 7am to 6pm Saturdays from 7am to 5pm Sundays from 10am to 3pm Closed on Mondays, Wednesdays and public holidays |
| Cost | Free entry |
| Website | Visit the website. ⁹⁴ |

South Melbourne Market

| | |
|----------------|--|
| Where | 322-326 Coventry Street, South Melbourne |
| When | Wednesdays from 8am to 4m Fridays from 8am to 5pm Saturdays from 8am to 4pm Sundays from 8am to 4pm |
| Cost | Free entry |
| Contact | Visit the website. ⁹⁵ |

The Veg Out St Kilda Farmers' Market

| | |
|----------------|--|
| Where | Peanut Farm Reserve, Chaucer Street, St Kilda (behind Veg Out, near Luna Park) |
| When | 1st Saturday of every month from 8.30am to 1pm |
| Cost | Free entry |
| Contact | Visit the website. ⁹⁶ |

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.

Brunswick Unity Church Food Co-op

| | |
|-------------|---|
| What | The co-op aims to reduce packaging and purchase organic and Australian grown foods. The co-op offers more than 50 dry food products for sale such as flours, sugars, nuts, dry pasta, lentils and tea and coffee. |
|-------------|---|

| | |
|------------------|--|
| Who | Open to everyone |
| Where | 212 Sydney Road, Brunswick |
| When | Pick up day is the third Saturday morning of each month, 10am to 12pm. Not open on public holidays. |
| Cost | Become a member simply by turning up and paying your membership fee of \$1 per visit. You will need to bring empty containers and bottles. All members help out by participating on the roster twice a year, either setting up, packing up or serving. |
| Contact | Glenice Cook on 0414 319 649 or send email. ⁹⁷ |
| Website | Visit the website. ⁹⁸ |
| Transport | Tram: Route 19 stops, stop no. 21. Train: Jewell train station. |

Friends of the Earth Food Co-op and Cafe

| | |
|------------------|--|
| What | Provides affordable, low packaged food including fruit and vegetable that are organic and grown/prepared locally. Bring your own bags/containers. Bring your own cup for take away tea and coffee. The café also offers cheap meals ranging from \$10-12.50. See more information in the Community Meals section above. Volunteers get a 15% discount off their shopping in the co-op. If you are interested in volunteering, visit the website. |
| Who | You don't have to be a member to shop here. |
| Where | 312 Smith Street, Collingwood (on the corner of Smith and Perry Streets) |
| When | Monday to Friday 10am to 6pm Saturday 10am to 5pm Sunday 11am to 4pm |
| Cost | Low cost |
| Contact | Call (03) 9417 4382 or send email. ⁹⁹ |
| Website | Visit the website. ¹⁰⁰ |
| Transport | Tram: Route 86 from the city. |

Realfoods, RMIT Food Co-op (offers vegetarian, vegan and gluten-free meals)

| | |
|----------------|--|
| What | Seasonal, organic, locally grown fruit and vegetable boxes. To order, go to http://organicempire.com.au/shop/ , select the RMIT Student Box from the list and enter the code RUSULOVESHEALTH for your subsidy. Also provides cheap organic, vegetarian and vegan meals. See Community Meals section. |
| Who | RMIT students only |
| Where | RMIT University City Campus, 360 Swanston Street, Food Court – Building 8, Level 4, Melbourne |
| When | All orders must be in before 9.30 am the day before your delivery day. |
| Cost | Fruit and vegetable boxes delivered to your door for \$28. |
| Contact | Call Cafe co-ordinator Lucy Stegley (03) 99259791 or 0418 517 273 or send email. ¹⁰¹ |
| Website | Visit the website. |

University of Melbourne Food Co-op (offers vegetarian, vegan and gluten-free meals)

| | |
|-------------|---|
| What | Offers a range of locally grown/organic goods for sale including beans, lentils, pasta, rice, flour, dried fruit, nuts, seeds, grains, tea, soy milk and spices and herbs. They also have local, organic fruit and vegetable boxes from Green Gully Organics. Also offers cheap meals. For more information go to the Community Meals section above. |
| Who | Open to everyone, not just students. You don't have to be a member or a volunteer to eat at the Melbourne University Food Co-op, however membership entitles you to 10% on everything. On top of that, volunteering 2 hours per week gets you a free meal and 20% off |

| | |
|------------------|---|
| | everything. |
| Where | 1st Floor, Union House, University of Melbourne, Parkville |
| When | Open from 10am to 4pm Monday to Friday. Open until 7pm on Wednesdays. |
| Cost | Fruit and vegetable boxes cost \$30 or \$20 if you are a member. Membership to the co-op costs \$10 (unwaged) or \$20 waged for the year. |
| Contact | (03) 9347 8716 or send email ¹⁰² Visit the University of Melbourne website ¹⁰³ or visit the food co-op Facebook page . ¹⁰⁴ |
| Transport | Tram: Catch any Swanston St tram to the University tram stop and walk up to the Tin Alley entrance (Gate 1). Walk down Tin Alley and turn left into Union Road. Via Royal Parade: Catch the number 19 tram on Royal Parade to the Tin Alley entrance (Gate 14). Walk down Tin Alley until you see Union House on your right. |

Food swaps

Food swaps are informal community gatherings where people swap excess home grown produce and gardening extras. Items may include fruit, vegetables, herbs, eggs, seeds, seedlings, gardening tips and worm juice. Swaps are generally money free and run on an honesty system. Swappers bring their produce and then 'shop' from the table of foods left by others.

Urban Orchard Food Swap

| | |
|------------------|--|
| What | The CERES Urban Orchard Project is 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. Those with produce to swap, gather every Saturday at the CERES Organic Market. Members of the project leave their excess fruit, vegetables, herbs etc on the swap table and take produce others have dropped off. |
| Who | Open food swap, all welcome, even if nothing to give, no membership needed. If you are interested, come down one Saturday morning to the CERES Organic Market and visit their stall. |
| Where | CERES Community Environment Park, corner Roberts and Stewart Streets, Brunswick East |
| When | Every Saturday from 10am to 12pm at CERES Organic Market |
| Cost | Free |
| Contact | Send email . ¹⁰⁵ |
| Transport | For all transport options visit the CERES website ¹⁰⁶ . Tram 96 to the end of the line (intersection of Blyth and Nicholson Streets), 5 minute walk. Bus 503 Essendon to East Brunswick, get off at the Lee Street stop. For walking and cycling access via the Merri Creek bike path (exit at fate closest to Blyth St/Arthurton Road bridge). Parking is available but it can be busy on market days. |

Yarra Urban Harvest Swapmeet

| | |
|----------------|---|
| What | A monthly food swap for any excess home grown herbs, fruits and vegetables, favourite garden produce recipes, seeds, cuttings, seedlings, preserves, jams and inspirations for edible neighbourhoods. |
| Who | Open to everyone |
| Where | Smith's Reserve, 180 Alexandra Parade (next to the playground at Smiths Reserve and Fitzroy Pool), Fitzroy |
| When | 1st Saturday of the month 10am to 12pm |
| Cost | Free |
| Contact | Call (03) 9429 3084 or send email . ¹⁰⁷ |

[Visit the website.](#)¹⁰⁸

Community planter boxes

Community planter boxes are raised garden beds in public places filled with edible veggies and herbs. The produce in community planter boxes is free for anyone to access.

Boyd Community Hub

| | |
|------------------|---|
| What | Vegetable and herb planter boxes are located at the Boyd Community Hub in the public areas and in the fenced outdoor play space attached to the Boyd Playroom. People can come and help themselves while they visit the centre. |
| Who | Open to everyone |
| Where | 207 City Road, Southbank |
| When | The planter boxes in the public spaces are accessible 24/7. The planter boxes located within the fenced outdoor space can be accessed during times when there are no playgroups using that space. Contact the Centre for information on the playroom timetable. |
| Cost | Free |
| Contact | (03) 9658 9658 or send email. ¹⁰⁹ |
| Transport | Melway reference: Map 1D, M6 Tram 1 - Stop 17 (Melbourne Recital Centre) Tram: Route 55 - Stop 114 (City Road/ Queensbridge Street) or route 112, stop 126 (City Road) Train: Approximately 15 minute walk from Flinders Street Station On street metered parking: Check parking signs before leaving vehicle as conditions may change. |

Community Herb Share Program

| | |
|------------------|--|
| What | Save yourself from buying fresh herbs by becoming a member of the Herb Share Program at the Kensington Neighbourhood House. For two hours of your time plus \$20 per year you can help yourself to fresh herbs as often as you like. |
| Who | Open to everyone |
| Where | Kensington Neighbourhood House, 89 McCracken Street, Kensington |
| When | The House is open Monday to Friday 9am to 5pm |
| Cost | \$20 per year |
| Contact | Express your interest on the Kensington Neighbourhood House website. ¹¹⁰ Call (03) 9376 6366 or send email ¹¹¹ . |
| Transport | Train: Kensington Train Station is a 3 minute walk from the House. If arriving from the City, cross Bellair Street and walk up Wight Street. McCracken Street is at the top of the hill. Tram: Route 57 (West Maribyrnong – city Elizabeth Street), stop 26. Parking: All day parking is located on McCracken Street in front of the House. Two hour parking on surrounding streets. |

Food delivery and shopping support services

The following offer online ordering, home delivery of food and groceries and support with grocery shopping are important services for those who are housebound or with limited mobility, those without adequate transport or who are time poor and would like the convenience of ordering online and food being delivered to their door.

The major supermarkets, Coles and Woolworths, both offer home delivery services. Call Coles on 1800 455 400 or [visit the Coles website.](#)¹¹² Call Woolworths on 1300 666 377 or [visit the Woolworths website.](#)¹¹³

Food delivery services

Listed below are some of the more well-known food delivery services servicing the local area:

Abbotsford Wooden Box (organic)

[Send email](#) to Abbotsford Wooden Box¹¹⁴
[Visit the Abbotsford Wooden Box website.](#)¹¹⁵

CERES Fair Food (organic)

Organic food delivery service and online grocer, providing Melbourne with the freshest seasonal organic fruits, vegetables, and other organic groceries, all sourced from our network local farmers and artisans.

They pay farmers a fair price for their sustainably grown food, delivering fair food boxes of certified organic fruits, vegetables and other groceries such as bread, free range eggs and bio-dynamic milk to households across Melbourne.

When: For a Tuesday delivery, you must order before Sunday 11.59pm. For a Thursday delivery, you must order before Tuesday 11.59pm.
You must order before Sunday 11:59pm for a Wednesday delivery. Deliveries are made between 11am and 7pm, Wednesdays.

Cost: Prices for food boxes range from \$28 to 78.
Pick up free from one of our many Food Hosts located across Melbourne
Delivery costs \$6.75 for most Melbourne suburbs.

Where: Services Carlton, Flemington and South Melbourne.

Contact: (03) 8673 6288 or [send email.](#)¹¹⁶
[Visit the CERES website.](#)¹¹⁷

Local Organics (organic)

Local Organics is a Melbourne-based food hub created to give access to ethical food from sustainable, organic and biodynamic Victorian family farms. They buy directly from farmers each week to collect fresh seasonal produce. They provide mixed boxes, individual orders, wholesale, work as a collection point for farmer direct mixed boxes, and operate as a store in Brunswick East.

When: Thursday 3pm to 8pm
Friday 11am to 7pm
Saturday 11am to 4pm

Cost: From \$50 for a small box
Delivery \$6 to \$9

Where: 16 Barkly Street
Brunswick East

Contact: (03) 8060 5221 or [send email](#)¹¹⁸.
[Visit the Local Organics website.](#)¹¹⁹

Naturally Better Foods (organic)

Home Delivered Organic Fresh Produce service throughout Greater Melbourne and the Mornington Peninsula.

Cost: Minimum order of \$40
Organic seasonal produce boxes e.g. 5.5-6.5kg box is \$55, \$10 delivery fee
[Visit the Naturally Better Foods website.](#)¹²⁰

Organic Angels (organic)

Cost: Mixed fruit and vegetable boxes start at \$43.50 plus delivery.

Contact: 1300 792 775 or [send email](#).¹²¹

Website: [Visit the Organic Angels website](#).¹²²

Organic Empire (organic)

Cost: Minimum order of \$45 excluding delivery charges, \$8.95 flat rate per delivery in Metro Melbourne.

Contact: (03) 9737 9677 or [send email](#).¹²³

[Visit the Organic Empire website](#).¹²⁴

Food shopping support services

City of Melbourne's home delivered meals support

Older adults in the municipality who are unable to prepare meals at home and who are eligible for the Home and Community Care (HACC) program can 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 are delivered five days a week and weekend meals can be delivered on Fridays.

Cost: Average cost for a three course meal is around \$6.00 to \$10.00 for eligible clients.

Who: Clients need to be part of the Home and Community Care (HACC) program. Available for people who are unable to prepare meals at home, need support with transport.

For more information, contact City of Melbourne on (03) 9658 9542 or visit the City of Melbourne website.

City of Melbourne community transport program – support with grocery shopping

City of Melbourne's community transport program is available for residents who have difficulty using public transport because of frailty, disability or isolation. A pre-booked transport service for shopping trips is available within municipal boundaries. Local shopping destinations include Queen Victoria Market, Footscray Market, Prahran Market, Barkley Square and ALDI.

This service is subject to eligibility and a fee. For more information, contact City of Melbourne on (03) 9658 9542 or visit the [City of Melbourne website](#).

How do I donate food?

If you wish 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. Collectors that provide this service within the City of Melbourne include:

SecondBite

SecondBite redistributes surplus fresh food to community food programs around Australia. Food is donated by farmers, wholesalers, markets, supermarkets, caterers and events. This high quality surplus food is redistributed to community food programs that support people who are homeless, women and families in crisis, youth at risk, indigenous communities, asylum seekers and new arrivals.

Contact:

Emily Wild

Community, Volunteer and Office Manager

[Send email.](#)¹²⁵

FareShare

FareShare, is a not-for-profit organisation, rescuing food to fight hunger. It collects quality food that would otherwise be wasted from Melbourne businesses such as food wholesalers, retailers and caterers. Volunteers in FareShare's kitchen use this food to prepare healthy, nutritious meals that they distribute to over 100 charities providing emergency food relief for the hungry and homeless.

Phone: (03) 9428 0044

[Send email.](#)¹²⁶

If you offer a new community food program that donates food to the community, contact City of Melbourne's Health Services branch on (03) 9658 9658 to discuss your food safety requirements.

Disclaimer

The information in this document was current at the time of collection between July to October 2014, but please be mindful that things change. We suggest you always contact the program agency first