

COMMUNITY FOOD GUIDE

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





**COMMUNITY
FOOD GUIDE**

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, and there's also a map on page six so you can see at a glance what's available near you. You can also access this guide via the City of Melbourne website at melbourne.vic.gov.au/communityfoodguide



Updates to the guide

If you'd like to suggest an inclusion or update to a program or service listed in this guide, visit melbourne.vic.gov.au/communityfoodguide 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 (August 2017) 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.

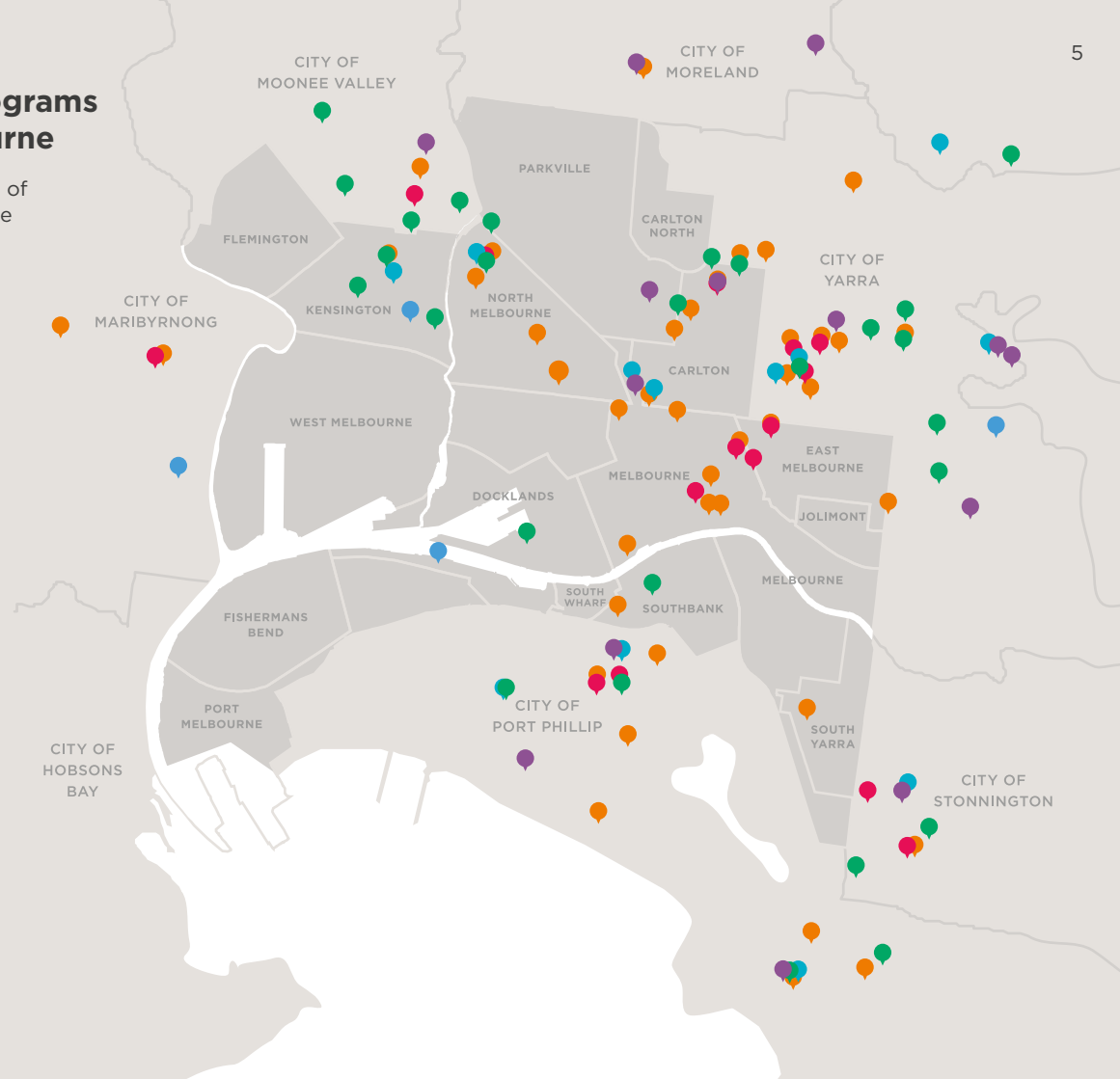
Programs and services listed in this guide are not endorsed or affiliated by the City of Melbourne (with the exception of council-run or contracted services) and are subject to change at any time.



Community food programs in the City of Melbourne

This map shows the distribution of community food programs in the municipality.*

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*This map shows the distribution of community food programs accessible to City of Melbourne residents in Melbourne and surrounding suburbs.

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.

*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	WHAT	WHEN	COST AND CONDITIONS	📍
<p>Church of All Nations 180 Palmerston Street Carlton, 3053 9347 7077 contact@carlton-uca.org carlton-uca.org Coordinator: Bruce Osmond, Emergency Relief</p>	<p>Foodbank and vouchers Vouchers are available on a case by case basis. Tea, coffee, biscuits, newspapers and friendly welcome greet those waiting for assistance.</p>	<p>Tue, Wed, Thu 10am - 12pm Fresh food on Wednesdays</p>	<p>Free Fresh food \$2 donation Healthcare/concession card holders</p>	<p>CARLTON</p>
<p>Anglicare - Mission House 122 Napier Street Fitzroy, 3065 9419 3288 or 0458 750 031 anglicarevic.org.au Coordinator: Rev. Louise Lang</p>	<p>Food relief - food bank and food parcels Provides assistance to people living in public housing and rental properties with a Healthcare Card.</p>	<p>Tue and Thu 1.30pm - 3.30pm</p>	<p>Free Must live in following postcodes: 3000, 3051, 3053, 3054, 3065, 3066, 3067, 3068 and 3070</p>	<p>FITZROY</p>
<p>Anglicare - St Marks Church Community Centre 250 George Street Fitzroy, 3065 9419 3288 or 0458 750 031 anglicarevic.org.au Coordinator: Rev. Louise Lang</p>	<p>Food parcels Proving comfort and stability in the form of food parcels and financial assistance for people experiencing homelessness.</p>	<p>Mon, Tue, Wed, Thu, Fri 12pm - 3pm</p>	<p>Free Rough sleepers and people experiencing chronic homelessness</p>	<p>FITZROY</p>
<p>Collingwood Cottage Food Bank All Saints Church King William St, Fitzroy, 3065 9481 7333 office@olsc.org.au olsc.org.au</p>	<p>Collingwood Cottage Food Bank Food products are distributed to local people in need each Friday. Temporary location at King William Street until 2018.</p>	<p>Fri 9am - 12pm Must register after 9am for a number and collect parcel after 12pm. Closed on Good Friday and for 6 weeks over Christmas.</p>	<p>Free Open to everyone</p>	<p>FITZROY</p>

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Presbyterian and Scots Church Joint Mission (Flemington Mission)</p> <p>St Stephen's Church Hall 28 Norwood Street, Flemington, 3031 9376 3777 philip.court@scotschurch.com Contact: Philip Court, Minister</p>	<p>Food parcels</p> <p>Every Tuesday there is coffee, conversation, clothes, blankets and books. Food relief is provided 1st and 3rd Tuesday of the month.</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>	FLEMINGTON
<p>Asylum Seeker Resource Centre (ASRC)</p> <p>214-218 Nicholson Street, Footscray, 3011 9326 6066 food@asrc.org.au</p>	<p>Food bank / pantry</p> <p>Food bank/pantry with perishable and non-perishable items available.</p>	<p>Mon, Tue, Wed, Thu, Fri</p> <p>10am - 5pm Contact ASRC for details on closure during public holidays</p>	<p>Free</p> <p>Asylum seekers, refugees who are members of the ASRC only</p>	FOOTSCRAY
<p>Anglicare - The Lazarus Centre</p> <p>St Peters Eastern Hill, 15 Gisborne Street, Melbourne, 3000 9419 3288 or 0458 750 031 anglicarevic.org.au Contact: Rev. Louise Lang, Coordinator</p>	<p>Food parcels</p> <p>Providing comfort and stability in the form of food parcels and financial assistance for people experiencing homelessness</p>	<p>Daily</p> <p>7.30am - 9am</p>	<p>Free</p> <p>Homeless people aged over 18</p>	MELBOURNE
<p>RISE Refugee</p> <p>Level 1, 247 Flinders Lane, Melbourne, 3000 9639 8623 admin@riserefugee.org riserefugee.org Contact: Ramish</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>Thu and Sat</p> <p>Thu: 9am - 5pm Sat: 10.30am - 1pm</p>	<p>Free</p> <p>Refugees and asylum seekers</p>	MELBOURNE


WHO	WHAT	WHEN	COST AND CONDITIONS	📍
<p>Salvation Army 69 Bourke Street, Melbourne, 3000 9653 3299 salvationarmy.org.au Contact: Anthony McEvoy, Project 614</p>	<p>The Marketplace The Marketplace offers a wide selection of food and other necessities to those who need them most.</p>	<p>Mon, Tue, Wed, Thu, Fri 9.30am - 12pm Closed public holidays</p>	<p>Free Concession card or ID may be required</p>	MELBOURNE
<p>Returned Servicemen's League, Victorian branch ANZAC House 4 Collins Street, Melbourne, 3000 9655 5531 jjackson@rslvic.com.au rslvic.com.au Contact: Jeff Jackson, Manager Pensions Advocacy and Welfare Support</p>	<p>Food vouchers and other services (veterans only) 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 9am - 5pm Closed public holidays</p>	<p>Free For information and to ascertain if you are eligible for assistance please contact using the details provided.</p>	MELBOURNE
<p>UnitingCare Hotham Mission North Melbourne Community Centre 49-53 Buncl Street, North Melbourne, 3051 9326 8245 alex.johnson@hothammission.org.au hothammission.org.au Contact: Alex Johnson or Beth Stewart-Wright, Youth Programs Coordinators</p>	<p>Food for Thought: youth food assistance program Not a drop-in service. Food parcels are delivered to organisations.</p>	<p>Wed 9am - 2pm</p>	<p>Free Referrals made through organisations. Aimed at refugees and asylum seekers, students and people experiencing homelessness.</p>	NORTH MELBOURNE

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>HOPE Prahran at St Matthew's Anglican Church 157A High Street, Prahran, 3181 9510 3326 hopeprahran@stmatts.com.au stmatts.com.au</p>	<p>Food assistance Providing non-perishable food and other groceries to people in need.</p>	<p>Mon, Tue, Thu Mon: 10am - 1pm Tue: 10am - 2pm Thur: 10am - 12.30pm Closed public holidays</p>	<p>Free Open to everyone</p>	PRAHRAN
<p>Open House at St Peter and St Paul's Church 377 Dorcas Street, South Melbourne, 3205 9690 5895 sppchurch@hotmail.com sppchurch.org.au Contact: Julian Messina, CEO, Parish</p>	<p>Food parcels Provides a range of services to those in need in the area.</p>	<p>Mon, Tue, Wed, Thu, Fri 11am - 3pm Closed public holidays</p>	<p>Free Open to everyone</p>	SOUTH MELBOURNE
<p>Victorian Aids Council 51 Commercial Road, South Yarra, 3141 9863 0444 lynda.horn@vac.org.au Contact: Lynda Horn, David Williams Fund Coordinator</p>	<p>David William Fund Provides food vouchers and other emergency financial assistance to people living with HIV who are experiencing financial hardship.</p>	<p>Wed and Thu Wed: 10am - 4pm Thur: 10am - 5pm Closed public holidays</p>	<p>Free Recipients must provide proof of HIV status, demonstrate receipt of Social Security Benefit or Pension, demonstrate financial hardship, resident of Victoria, provide a Centrelink income statement.</p>	SOUTH YARRA

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	WHAT	WHEN	COST AND CONDITIONS	
<p>Hare Krishna Food for Life Melbourne 197 Danks Street, Albert Park, 3206 9699 5122 info@harekrishnamelbourne.com.au harekrishnamelbourne.com.au</p>	<p>Food For Life community meals Vegetarian and vegan meals are provided for those in need.</p>	<p>Daily Breakfast: 8.30am - 9.30am Lunch: 1pm - 2pm Dinner: 6pm - 7pm</p>	<p>Free Open to everyone</p>	ALBERT PARK
<p>Parish of the Parks St Silas Church Hall 99 Bridport Street, Albert Park, 3206 9696 5116 sundaysuppers@parishoftheparks.com.au parishoftheparks.com.au Contact: Katherine Moore, Parish Office Secretary</p>	<p>Sunday suppers Evening two-course meal is provided in the Church Hall for those struggling to eat. All are made welcome. This service is run by volunteers.</p>	<p>Sun 5pm sharp Closed over Christmas and New Year</p>	<p>Free Open to everyone</p>	ALBERT PARK
<p>Brunswick Uniting Church 212- 214 Sydney Road, Brunswick, 3056 0431 193 810 or 0414 319 649 brunswick.unitingchurch.org.au Contact: Peter Blair or Glenice Cook, The Olive Way Coordinators</p>	<p>The Olive Way - community lunch A community kitchen provides lunch on Wednesdays at 12.30. The cook provides a delicious home style 2 course meal.</p>	<p>Wed 12.30pm Closed public holidays</p>	<p>Free (donations welcome) Open to everyone</p>	BRUNSWICK
<p>Carlton Neighbourhood Learning Centre Community Hall 530 Lygon Street, Carlton, 3052 9347 2739 cnlc.org.au info@cnlc.org.au</p>	<p>Morning tea for seniors Morning tea for seniors at the Carlton Housing Estate.</p>	<p>Mon 10am - 12pm Closed public holidays</p>	<p>Free Referrals and assessment required to access the program. Can be a self-referral.</p>	CARLTON

WHO	WHAT	WHEN	COST AND CONDITIONS	📍
<p>Carlton Senior Citizens Group Kathleen Syme Community Centre 251 Faraday Street, Carlton, 3053 9658 7310 Contact: Natalie Warren, Coordinator</p>	<p>Food with friends Community lunch.</p>	<p>Wed 12pm - 1pm Booking essential</p>	<p>\$7.50 Older adults (55+)</p>	CARLTON
<p>Church of All Nations 180 Palmerston Street, Carlton, 3053 9347 7077 contact@carlton-uca.org carlton-uca.org Contact: Bruce Osmond, Coordinator Emergency Relief</p>	<p>Community lunch Meals are nutritional, vary weekly and include dessert.</p>	<p>Tue 11.30am - 1pm Closed public holidays</p>	<p>\$2 donation Open to everyone</p>	CARLTON
<p>Mantra Lounge 167 Grattan Street, Carlton, 3053 9036 2996 press@mantralounge.com.au mantralounge.com.au Contact: Jennifer Rodriguez, Head Chef, Cafe Manager</p>	<p>Pay what you can Serving sustainable, vegan meals.</p>	<p>Mon, Tue, Wed, Thu, Fri 7pm - 8pm Closed public holidays</p>	<p>Free (donations welcome) Open to everyone</p>	CARLTON
<p>Carlton Neighbourhood Learning Centre 20 Princes Street, Carlton North, 3054 9347 2739 info@cnlc.org.au cnlc.org.au</p>	<p>Community lunch Community lunch for people with mild disabilities.</p>	<p>Thu 12.45pm - 1.45pm</p>	<p>\$4 donation Referrals and assessment required to access the program. Can be a self-referral.</p>	CARLTON NORTH


WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Collingwood Neighbourhood House 253 Hoddle Street, Collingwood, 3066 9417 4856 cnh.bc.ca Contact: Manager, Sue</p>	<p>Men's breakfast</p>	<p>Wed 10.30am - 11.30am</p>	<p>Free Men only</p>	COLLINGWOOD
<p>Collingwood Neighbourhood House 253 Hoddle Street, Collingwood, 3066 9417 4856 cnh.bc.ca Contact: Manager, Sue</p>	<p>Community lunch Enjoy an inexpensive, delicious, healthy lunch while getting to know your neighbours.</p>	<p>Tue and Thu 12pm</p>	<p>Cost of individual lunch: \$5 for seniors \$6.25 for adults \$4 for students \$3.25 for children (<12)</p>	COLLINGWOOD
<p>Society of St Vincent de Paul - Soup Vans Corner Smith and Stanley Streets Collingwood, 3066 9895 5800 soupvans@svdp-vic.org.au vinnies.org.au Contact: Danusia Kaska, Soup Van Operations Manager</p>	<p>Collingwood soup van</p>	<p>Tue, Thu, Fri, Sun 7.30pm Approximate arrival time</p>	<p>Free Open to everyone</p>	COLLINGWOOD
<p>Anglicare - St Marks Church Community Centre 250 George Street, Fitzroy, 3065 9419 3288 or 0458 750 031 anglicarevic.org.au Contact: Rev. Louise Lang, Coordinator</p>	<p>Community lunch Provides a luncheon to those most in need and who find themselves in situations of primary, secondary or tertiary homelessness.</p>	<p>Mon, Tue, Wed, Thu, Fri 11am - 3pm</p>	<p>Free Rough sleepers and people experiencing chronic homelessness</p>	FITZROY

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Brotherhood of St Laurence - Coolibah Centre 67a Brunswick Street, Fitzroy, 3065 9483 1323 or 1300 147 147 bacci@bsl.org.au bsl.org.au Contact: Robert Lorenzetto, Welfare Coordinator</p>	<p>Community meals Serves breakfast, lunch and afternoon tea each day. The kitchen is also the home base for cooking groups whose members learn to prepare tasty, nutritious and low-cost meals.</p>	<p>Mon, Tue, Wed, Thu, Fri, Sun 8.30am - 3.30pm. Breakfast, lunch and afternoon tea Sunday 10am to 2pm Closed public holidays</p>	<p>Cost Breakfasts cost \$1 each, lunches \$3 and afternoon tea 20 cents. For over 65s and members only, the annual membership fee is \$50.</p>	FITZROY
<p>Missionaries of Charity Men's Service, Fitzroy Rear, 69 George Street, Fitzroy, 3065 9417 1704 Contact: Sister Jovier</p>	<p>Men's dinner</p>	<p>Mon, Tue, Sat, Sun 4pm - 6pm Closed over Christmas and Easter</p>	<p>Free Men 18+ only</p>	FITZROY
<p>Open Table 125 Napier Street, Fitzroy, 3065 0403 218 123 hello@open-table.org open-table.org Contact: Angela O'Toole, General Manager</p>	<p>Open Table Weekly lunches in one of the Brunswick, Fawkner, Coburg, North Coburg, Carlton, Richmond or Fitzroy locations.</p>	<p>Visit website or contact Open Table for up to date days and times</p>	<p>Free Everyone is welcome at the free lunches, which aim to have a culturally diverse menu including halal, vegetarian and vegan options</p>	FITZROY
<p>Society of St Vincent de Paul - soup vans All Saints Church 174 Brunswick Street, Fitzroy, 3065 9895 5800 soupvans@svdp-vic.org.au vinnies.org.au Contact: Danusia Kaska, Soup Van Operations Manager</p>	<p>Fitzroy soup van</p>	<p>Daily 7.45pm - 8.15pm Approximate arrival time</p>	<p>Free Open to everyone</p>	FITZROY

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>St Mary's House of Welcome 165-169 Brunswick Street, Fitzroy, 3065 9417 6497 admin@smhow.org.au smhow.org.au Contact: Jason Keenan, Community Support Worker</p>	<p>Community meals St Mary's House of Welcome is a support centre for disadvantaged people experiencing homelessness.</p>	<p>Mon, Tue, Wed, Thu, Fri, Sat Breakfast: 8.30am - 9.45am Morning Tea: 10.30am Lunch: 12pm - 1pm Afternoon Tea: 3.30pm Closed Wed and Sat from 1.30pm Closed public holidays</p>	<p>\$2 contribution is requested Open to everyone</p>	FITZROY
<p>North Fitzroy Seventh Day Adventist Church 27 Alfred Crescent, Fitzroy North, 3068 0409 422 064 northfitzroyadventist.com Contact: Tanya</p>	<p>Open Door - North Fitzroy soup kitchen</p>	<p>Tue, Thu, Sun 6.30pm - 7.30pm</p>	<p>Free Open to everyone</p>	FITZROY NORTH
<p>St Brendan's Catholic Parish 103 Wellington Street, Flemington, 3031 9376 7378 flemington@cam.org.au stbrendansflemington.com.au Contact: Sharon Kane</p>	<p>The Flemington and Kensington community lunch</p>	<p>Mon 12pm - 1pm Closed public holidays</p>	<p>Free</p>	FLEMINGTON
<p>Asylum Seeker Resource Centre (ASRC) 214-218 Nicholson Street, Footscray, 3011 9326 6066 food@asrc.org.au</p>	<p>Community lunch Nutritious hot lunches that are carefully planned to ensure a well-balanced diet.</p>	<p>Mon, Tue, Wed, Thu, Fri 12.30pm</p>	<p>Free Asylum seekers, refugees who are members of the ASRC members only</p>	FOOTSCRAY

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Society of St Vincent de Paul - soup vans Whitten Oval, Corner Barkly Street and Gordon Street, Footscray, 3011 9895 5800 soupvans@sudp-vic.org.au vinnies.org.au Contact: Danusia Kaska, Soup Van Operations Manager</p>	<p>Footscray soup van</p>	<p>Mon, Tue, Wed, Thu, Fri, Sun 8pm approximate arrival time</p>	<p>Free Open to everyone</p>	<p>FOOTSCRAY</p>
<p>Kensington Neighbourhood House 89 McCracken Street, Kensington, 3031 9376 6366 info@kenhouse.org.au kensingtonneighbourhoodhouse.com Contact: Carolyn Webster, Community Development Worker</p>	<p>Tuesday night social This monthly program provides food, social engagement and companionship for women aged 55+.</p>	<p>Tue 5.30pm - 8pm Operates last Tuesday of the month</p>	<p>Free Women 55 years and over</p>	<p>KENSINGTON</p>
<p>Kensington Neighbourhood House 89 McCracken Street, Kensington, 3031 9036 2996 info@kenhouse.org.au kensingtonneighbourhoodhouse.com Contact: Carolyn Webster, Community Development Worker</p>	<p>Wednesday lunch and bingo Enjoy a two course meal and bingo in the company of this friendly social group.</p>	<p>Wed 12.30pm - 2pm</p>	<p>\$6 lunch, \$2 bingo Over 55</p>	<p>KENSINGTON</p>

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Anglicare - The Lazarus Centre St Peters Eastern Hill 15 Gisborne Street, Melbourne, 3000 9419 3288 or 0458 750 031 anglicarevic.org.au Contact: Rev. Louise Lang, Coordinator</p>	<p>Community breakfast Supports men and women experiencing homelessness with a nutritious breakfast every day of the year.</p>	<p>Daily 7.30am - 9am 11am BBQ on Fridays</p>	<p>Free Rough sleepers and people experiencing chronic homelessness</p>	MELBOURNE
<p>Many Rooms Multicultural Hub 506 Elizabeth St, Melbourne, 3000 0419 690 342 jimd@manyrooms.org.au manyrooms.org.au</p>	<p>The Friday kitchen Free meals for disadvantaged people and those experiencing homelessness.</p>	<p>Fri 5.30pm - 8pm</p>	<p>Free Must be over 18 years of age. Programs are focused on needs of people experiencing homelessness, but also serves others on low incomes, including pensioners.</p>	MELBOURNE
<p>Open Family Australia (Open Family Chatterbox Bus or NOSH) St Paul's Cathedral, Corner Flinders Street and Swanston Street, Melbourne, 3000 1300 669 600 info@openfamily.com.au openfamily.com.au/ Contact: Anthony</p>	<p>Open family Chatterbox Bus outreach service, snacks and tea/coffee.</p>	<p>Wed, Thu, Fri, Sat 9pm - 10pm Closed public holidays</p>	<p>Free Disadvantaged young people aged 12-25</p>	MELBOURNE
<p>Salvation Army 69 Bourke Street, Melbourne, 3000 9653 3299 salvationarmy.org.au Contact: Anthony McEvoy, Project 614</p>	<p>Hamodova Cafe A welcoming community centre that provides breakfast and lunch, as well as support to people from all walks of life, especially those living on the margins of society.</p>	<p>Mon, Tue, Wed, Thu, Fri 9am - 1pm Closed public holidays</p>	<p>Free Open to everyone</p>	MELBOURNE

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>St Vincent de Paul Society - Soup Vans Federation Square , Corner of Russell Street and Flinders Street, Melbourne, 3000 9895 5800 soupvans@svdp-vic.org.au vinnies.org.au Contact: Danusia Kaska, Soup Van Operations Manager</p>	<p>Fitzroy soup van - Federation Square</p>	<p>Daily 8.15pm - 8.45pm Approximate arrival time</p>	<p>Free Open to everyone</p>	MELBOURNE
<p>St Vincent de Paul Society - Soup Vans Rebecca Walk (Spencer Street), Batman Park, Melbourne, 3000 9895 5800 soupvans@svdp-vic.org.au vinnies.org.au Contact: Danusia Kaska, Soup Van Operations Manager</p>	<p>Fitzroy soup van - Batman Park</p>	<p>Daily 8.30pm - 9pm Approximate arrival time</p>	<p>Free Open to everyone</p>	MELBOURNE
<p>Many Rooms North Melbourne Community Centre, 49-53 Buncl Street, North Melbourne, 3051 0419 690 342 jimd@manyrooms.org.au manyrooms.org.au</p>	<p>The Saturday kitchen Free meals for disadvantaged people and those experiencing homelessness.</p>	<p>Sat 8.45am - 3pm</p>	<p>Free Does not serve those under 18. Programs are focused on needs of people experiencing homelessness, but also serves others on low incomes, including pensioners.</p>	NORTH MELBOURNE
<p>Ozanam Community Centre 268 Abbotsford Street, North Melbourne, 3051 9329 6733 vincentcare.org.au Contact: Lauren Han, Volunteer Coordinator</p>	<p>Ozanam Community Centre Drop-in program and meals service. Dietician available on 3rd Monday of the month.</p>	<p>Mon, Tue, Wed, Thu, Fri Breakfast: 9.15am - 10am Lunch: 12pm - 1pm Closed public holidays</p>	<p>\$2 donation Provides support to men and women who are experiencing, or at risk of, homelessness, and/or socially excluded.</p>	NORTH MELBOURNE

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Society of St Vincent de Paul - Soup Vans Corner Boundary Road and Macaulay Road, North Melbourne, 3051 9895 5800 soupvans@svdp-vic.org.au vinnies.org.au Contact: Danusia Kaska, Soup Van Operations Manager</p>	<p>Fitzroy soup van - North Melbourne</p>	<p>Daily 7pm - 7.30pm Approximate arrival time</p>	<p>Free Open to everyone</p>	NORTH MELBOURNE
<p>The Centre 58 Errol Street, North Melbourne, 3051 9328 1126 admin@centre.org.au centre.org.au Contact: Ragn Hannah, Coordinator, Business and Operations</p>	<p>Drop-in morning tea Provides morning tea in an inclusive environment.</p>	<p>Tue 10am - 12pm, 1st Tuesday of the month. Does not run on public holidays or school holidays.</p>	<p>\$4 Open to everyone</p>	NORTH MELBOURNE
<p>Melbourne University Food Co-op Level 1 Union House, University of Melbourne, Parkville, 3010 9347 8716 yourfoodcoop@gmail.com</p>	<p>Food co-op This member-run co-op sells lunch and seasonal, fresh, local produce at affordable prices.</p>	<p>Wed, Thu, Fri 10am - 3pm</p>	<p>Low cost Open to everyone</p>	PARKVILLE
<p>Prahran City Mission 211 Chapel Street, Prahran, 3181 9692 9500 prahranmission.org.au Contact: Michael Scott, Community Services Manager</p>	<p>Hartley's community dining room Serves hot breakfasts during the winter months, and weekday lunches to the economically and socially disadvantaged.</p>	<p>Mon, Tue, Wed, Thu, Fri 11am - 2pm Winter breakfast runs June to August, 7.30am - 9.30am</p>	<p>Low cost meals Open to everyone</p>	PRAHRAN

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Society of St Vincent de Paul - Soup Vans Corner Hoddle Street and Wellington Parade Richmond, 3121 9895 5800 soupvans@svdp-vic.org.au vinnies.org.au Contact: Danusia Kaska, Soup Van Operations Manager</p>	<p>Collingwood soup van - Richmond</p>	<p>Mon 7.30pm Approximate arrival time</p>	<p>Free Open to everyone</p>	RICHMOND
<p>Meals @ the Bridge Lifeline Inc. St Lukes Church Hall 210 Dorcas Street, South Melbourne 9836 7040 or 0402 252041 contact@mealsatthebridge.org mealsatthebridge.org Contact: Michael Carter, CEO</p>	<p>Meals at the bridge Serves meals to marginalised, socially disadvantaged people and those experiencing homelessness.</p>	<p>Fri, Sat Fri: 7.30pm Sat: 4.30pm Closed public holidays</p>	<p>Free Aimed at people who are experiencing homelessness, are marginalised or socially disadvantaged</p>	SOUTH MELBOURNE
<p>Open House at St. Peter and St. Paul's Church 377 Dorcas Street, South Melbourne, 3205 9690 5895 sppchurch@hotmail.com sppchurch.org.au Contact: Julian Messina, CEO, Parish</p>	<p>Breakfast, BBQ lunch, dinner and tea/coffee Provides a range of services to those in need in the area.</p>	<p>Mon, Tue, Wed, Thu, Fri Mon - Tues: dinner 5pm, tea/coffee 11am - 3pm Wed: breakfast 10am, tea/coffee 11am - 3pm Thur: tea/coffee 11am - 3pm Fri: BBQ lunch 12.30pm, tea/coffee 11am - 3pm Closed public holidays</p>	<p>Free Open to everyone</p>	SOUTH MELBOURNE
<p>South Yarra Senior Citizens Centre 65 Toorak Road West, South Yarra, 3141 9820 2760 Contact: Farhad Malhai</p>	<p>Senior Citizen Centres, Food with Friends Three course meals from different cuisines for older adults in the City of Melbourne's Senior Citizen Centres.</p>	<p>Fri 12pm for lunch, 2nd and 4th Friday of the month. Closed public holidays</p>	<p>\$7.50 Senior citizens 55+</p>	SOUTH YARRA

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>St Vincent de Paul Society - Soup Vans Hanover House, 52 Haig Street, Southbank, 3205 9895 5800 soupvans@svdp-vic.org.au vinnies.org.au Contact: Danusia Kaska, Soup Van Operations Manager</p>	<p>Fitzroy soup van - Southbank</p>	<p>Daily 9pm - 9.30pm Approximate arrival time</p>	<p>Free Open to everyone</p>	SOUTHBANK
<p>Sacred Heart Mission - Community Meals 87 Grey Street, St Kilda, 3182 9537 1166 info@sacredheartmission.org sacredheartmission.org</p>	<p>Meals program Provides hearty, nutritious meals to people who are socially disadvantaged and isolated or experiencing homelessness.</p>	<p>Daily Breakfast: 8.30am - 10.30am Lunch: 11.45am - 1.15pm</p>	<p>Free Open to everyone</p>	ST KILDA
<p>Sacred Heart Mission - Community Meals Sacred Heart Mission Women's House 65 Robe Street, St Kilda, 3182 9537 1166 info@sacredheartmission.org sacredheartmission.org</p>	<p>Women's lunch Provides a safe and supportive environment for women from diverse cultures and backgrounds, who are experiencing homelessness or are at risk of becoming homeless.</p>	<p>Mon, Tue, Wed, Thu, Fri 11.30am - 3pm</p>	<p>Free Women only</p>	ST KILDA
<p>St Kilda Baptist Community Kitchen 9 Pakington Street, St Kilda, 3182 0412 383 162 Contact: Ross Dickson, Coordinator</p>	<p>St Kilda community kitchen Distribution of food donations.</p>	<p>Mon 6pm Closed all of January and public holidays</p>	<p>Free Open to everyone</p>	ST KILDA

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Star Health - Wominjeka BBQ Veg Out Community Garden in St Kilda (opposite Luna Park) Corner of Shakespeare Grove and Chaucer Street, St Kilda, 3182 9525 1300 Contact: Mark, Indigenous Access Coordinator</p>	<p>Wominjeka BBQ This weekly BBQ is for anyone from the Aboriginal and Torres Strait Islander community.</p>	<p>Mon 11.30am Closed public holidays</p>	<p>Free Aboriginal and Torres Strait Islander</p>	ST KILDA
<p>St Vincent de Paul Society - Soup Vans Queen Victoria Market (Car Park), Peel Street, West Melbourne, 3003 9895 5800 soupvans@svidp-vic.org.au vinnies.org.au Contact: Danusia Kaska, Soup Van Operations Manager</p>	<p>Fitzroy soup van - West Melbourne</p>	<p>Daily 9.15pm - 9.45pm Approximate arrival time</p>	<p>Free Open to everyone</p>	WEST MELBOURNE
<p>cohealth Participating cafes in various locations in Melbourne. (03) 9448 5536 or 1300 022 247 susan.whitelock@cohealth.org.au cohealth.org.au Contact: Susan Whitelock</p>	<p>Cafe meals program Subsidised meals at local cafes for people experiencing homelessness.</p>	<p>Available during regular cafe opening hours, check with individual businesses 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 \$10 People experiencing homelessness. Must be a member of the program. To enquire about membership, contact the program worker.</p>	VARIOUS LOCATIONS

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 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 35 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	WHAT	WHEN	COST AND CONDITIONS	📍
<p>Collingwood Children’s Farm 18 St Heliers Street, Abbotsford, 3067 9417 5806 staff@farm.org.au farm.org.au Contact: Anita Stec</p>	<p>School tours Farm tours last approximately two hours. Children can learn from trained staff how to milk a cow, bottle-feed the lambs (seasonal), correctly approach and handle farm animals and sustainable landcare principles.</p>	<p>Mon, Tue, Wed, Thu, Fri Farm tours commence at 10am. Afternoon farm tours can be arranged by appointment. Check website for school holiday programs.</p>	<p>\$7 per person Open to everyone - aimed at children and students</p>	<p>ABBOTSFORD</p>
<p>Collingwood Children’s Farm 18 St Heliers Street, Abbotsford, 3067 9417 5806 staff@farm.org.au farm.org.au Contact: Anita Stec</p>	<p>Volunteer gardening sessions 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.</p>	<p>Tue Every Tuesday afternoon, from 1.30pm except during the school holidays</p>	<p>Free Those aged 18+ need to have a valid Working With Children Check</p>	<p>ABBOTSFORD</p>
<p>Brotherhood of St Laurence - Coolibah Centre 67a Brunswick Street, Fitzroy, 3065 9483 1323 or 1300 147 147 bacci@bsl.org.au bsl.org.au Contact: Robert Lorenzetto</p>	<p>Cooking groups and gardening classes Held in Coolibah’s vegetable patch and community kitchen.</p>	<p>Mon and Tue Cooking Monday: 9.30am - 11.30am Gardening Tuesday: 9.30am - 11.30am Closed public holidays</p>	<p>Free For members. Over 65s only, annual membership costs \$50</p>	<p>FITZROY</p>

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Cultivating Community Napier Street, Fitzroy, 3065 9429 3084 peta@cultivatingcommunity.org.au Contact: Peta Christensen</p>	<p>Fitzroy Community Food Centre Located at the Fitzroy community garden, the programs offered through the kitchen help people to access fresh food, learn about growing and preparing food and also provide opportunities to share food in a spirit of conviviality.</p>	<p>Daily Kitchen available for use by community groups and social enterprises 9am - 5pm on weekdays and by appointment on weekends. Workshops also run weekly. Contact Peta Christensen for more information.</p>	<p>Free Open to everyone</p>	FITZROY
<p>cohealth 12 Gower Street, Kensington, 3031 8378 3515 susan.whitelock@cohealth.org.au cohealth.org.au Contact: Sujata Joshi</p>	<p>cohealth nutrition education and support Access by referral from health professional or contact us directly.</p>	<p>Mon, Tue, Wed, Thu, Fri 9am - 4.30pm Closed public holidays</p>	<p>Open to everyone Fees may apply</p>	KENSINGTON
<p>cohealth 53 Victoria Street, Melbourne, 3000 9448 5536 susan.whitelock@cohealth.org.au cohealth.org.au Contact: Susan Whitelock</p>	<p>cohealth nutrition education and support Drop-in service available.</p>	<p>Mon, Thu, Fri 10am - 4pm Closed public holidays</p>	<p>Free Refugees and asylum seekers, Aboriginal and Torres Strait Islander people and people experiencing homelessness</p>	MELBOURNE

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Queen Victoria Market Corner of Victoria Street and Elizabeth Street, Melbourne, 3000 9320 5822 qvm.com.au Contact: Carmen</p>	<p>School tours at Queen Victoria Market Enjoy a fun educational tour through the historic Queen Victoria Market. On this one hour guided tour, students have the opportunity to learn about fresh produce and how it gets from the farm to the plate.</p>	<p>Contact QVM for details on when tours run and bookings</p>	<p>Approximately \$12 per person Students</p>	MELBOURNE
<p>Queen Victoria Market Corner of Victoria Street and Elizabeth Street, Melbourne, 3000 9320 5822 qvm.com.au Contact: Carmen</p>	<p>Foodie tours Guided 90 minute tour. Discover amazing stories about the Market's history, learn secret shopping tips and get to know some of the traders.</p>	<p>Tue, Thu, Sat Tours run at 9am and 11am Closed public holidays</p>	<p>\$69 per person Open to everyone</p>	MELBOURNE
<p>YMCA Victoria - North Melbourne Community Centre 49-53 Buncle Street, North Melbourne , 3051 9320 4700 Hanna.Tadesse@ymca.org.au melbourne.vic.gov.au/ Contact: Hanna Tadesse</p>	<p>Nutrition seminars Quarterly seminars on popular nutrition issues.</p>	<p>Information on time provided closer to seminar</p>	<p>Free Open to everyone</p>	NORTH MELBOURNE
<p>The Social Food Project 53/26-36 High Street, Northcote, 3070 0412 342 504 benmac@socialfoodproject.com socialfoodproject.com Contact: Ben McMenamin</p>	<p>Farmer to table cooking workshops Brings together food producers and eaters in a fun, interactive cooking class.</p>	<p>Workshops run on an ad hoc basis See website for more information</p>	<p>\$100 per person Booking essential</p>	NORTHCOTE

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Melbourne University Community Garden Monash Road, Parkville, 3052 mucgarden@gmail.com facebook.com/MU.CommunityGarden mucgarden.weebly.com</p>	<p>Food growing workshops and working bees Accessible to students, ex-students and locals to participate in food growing and workshops.</p>	<p>Various times and days Visit Facebook page for upcoming events</p>	<p>Free</p>	<p>PARKVILLE</p>
<p>South Port Uniting Church 144 Bridge Street, Port Melbourne, 3207 9690 1188 janet.hoare@southportuniting.org.au spuc.org.au Contact: Janet Hoare</p>	<p>Kitchen Mates and Grow and Eat Social cooking using garden produce.</p>	<p>Wed, Fri Grow and Eat: 1.30pm - 3pm, 1st Wednesday of the month (not January) Kitchen Mates: 11am - 1.30pm every second Friday</p>	<p>\$2 - \$7 Open to everyone, bookings required</p>	<p>PORT MELBOURNE</p>
<p>South Port Uniting Church 144 Bridge Street, Port Melbourne, 3207 9690 1188 janet.hoare@southportuniting.org.au spuc.org.au Contact: Janet Hoare</p>	<p>Seasonal gardening activities Gardening workshops for beginners to experts. Gloves and tools provided.</p>	<p>Wed Gardening for beginners to experts: 11.30am - 1pm. Gardening for preschool families (school term time): 1.15pm - 2pm.</p>	<p>Open to everyone</p>	<p>PORT MELBOURNE</p>
<p>South Melbourne Market Corner of Coventry Street and Cecil Street South Melbourne, 3205 9209 6295 smm@portphilip.vic.gov.au southmelbournemarket.com.au Contact: Meg Dallalana</p>	<p>The Neff Market Kitchen Offering a range of classes at differing levels of skill and price point, The Neff Market Kitchen brings together some of Melbourne's best chefs with people who are passionate about cooking in an innovative culinary space.</p>	<p>Various times and days Visit website for further details</p>	<p>Various prices Bookings essential via website or phone</p>	<p>SOUTH MELBOURNE</p>

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Prahran Market 163 Commercial Road, South Yarra, 3141 8290 8220 stefanie.mullin@praHRanmarket.com.au praHRanmarket.com.au Contact: Stefanie Mullin</p>	<p>Hidden gem market tours A guided tour, fantastic Prahran Market shopping bag, exclusive market insights and more.</p>	<p>Sat 12pm first Saturday of every month</p>	<p>Free Open to everyone. Bookings must be made in advance. Tours will only run with a minimum of two participants. See website for details.</p>	SOUTH YARRA
<p>Star Health Corner of Shakespeare Grove and Chaucer Street, St Kilda, 3182 9525 1300 ihoward@starhealth.org.au Contact: Imogen Howard</p>	<p>Gardening veg out group Food growing classes.</p>	<p>Wed 10.30am - 12pm every second Wednesday (may be cancelled due to wet weather)</p>	<p>Free Referral may be required. Transport can be arranged.</p>	ST KILDA
<p>Permablitz Melbourne permablitz@gmail.com permablitz.com Contact: Adrian</p>	<p>Permablitz Permablitz is an informal gathering where people come together to create or add to edible public and private gardens. Permablitzes are free events, open to the public, with free workshops and shared food. The permablitz network is based on reciprocal volunteer support.</p>	<p>Various times and days Visit website for further details</p>	<p>Free Open to everyone, regardless of skill level or physical capacity. We especially welcome first time gardeners. Just come and contribute any way you are able.</p>	VARIOUS LOCATIONS

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

Dieticians 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


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	WHAT	WHEN	COST AND CONDITIONS	
<p>Docklands Community Garden Geographe Street, Docklands, 3008 0408 818 980 activators@docklandsgarden.org docklandsgarden.org Contact: Greg Wise</p>	<p>Community garden Food growing, working bees and workshops.</p>	<p>Garden is publicly accessible at all times</p>	<p>Free Open to everyone, however mostly aimed at Docklands residents and workers</p>	DOCKLANDS
<p>East Melbourne Community Garden Sinclair's Cottage, Fitzroy Gardens, East Melbourne, 3002 eastmelbcommgarden@gmail.com</p>	<p>Community garden 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 Must be a resident of East Melbourne</p>	EAST MELBOURNE
<p>Brotherhood of St Laurence - Coolibah Centre 67a Brunswick Street, Fitzroy, 3065 9483 1323 or 1300 147 147 bacci@bsl.org.au bsl.org.au Contact: Robert Lorenzetto</p>	<p>Coolibah's vegetable patch (see Food Education section for information about classes).</p>	<p>Mon, Tue, Wed, Thu, Fri, Sun The centre is open from 8.30am to 3.30pm. On Sunday and public holidays the hours are 10am to 2pm. The centre is closed on Saturdays.</p>	<p>Free for members Over 65s only. Annual membership costs \$50</p>	FITZROY

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Kensington Community Garden 118-128 Westbourne Road, Kensington, 3031 9376 1633 kensington@ymca.org.au kensingtonassociation.org.au Contact: YMCA, Kensington Community Recreation Centre</p>	<p>Kensington Community Garden 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 for more information</p>	<p>Kensington residents There is currently a waiting list for this garden</p>	KENSINGTON
<p>Kensington Neighbourhood House 321 Arden Street, Kensington, 3031 9376 6367 loretta.c@kenhouse.org.au kensingtonneighbourhoodhouse.com Contact: Loretta Curtin</p>	<p>Arden Street Community Garden This street garden was built and maintained with support from business owner Frank Menis, Flemington Community Bank, City of Melbourne and Living Learning Australia. Fruit trees will be planted on the corner of Arden and Lloyd Streets. Open to new members.</p>	<p>Garden is publically accessible at all times</p>	<p>Available for use by members To enquire about membership or to volunteer your time, contact Kensington Neighbourhood House.</p>	KENSINGTON
<p>Kensington Neighbourhood House 89 McCracken Street, Kensington, 3031 9376 6366 kensingtonneighbourhoodhouse.com info@kenhouse.org.au Contact: Carolyn Webster, Community Development Worker</p>	<p>Community herb share program and community garden Shared planter boxes with freshly grown herbs accessible to members.</p>	<p>Garden can be accessed all times</p>	<p>\$20 annual membership Open to everyone</p>	KENSINGTON

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Melbourne University Community Garden Monash Road, Parkville, 3052 mucgarden@gmail.com mucgarden.weebly.com facebook.com/MU.CommunityGarden</p>	<p>Melbourne University community garden Accessible to students, ex-students and locals to participate in food growing and workshops.</p>	<p>Garden can be accessed all times</p>	<p>Free Open to everyone</p>	PARKVILLE
<p>South Port Uniting Church 144 Bridge Street, Port Melbourne, 3207 9690 1188 janet.hoare@southportuniting.org.au spuc.org.au Contact: Janet Hoare</p>	<p>Simply living community garden The Simply Living Community Garden in the church grounds is open all year round. It includes an edible garden with herbs, vegetables and fruit, community composting bays and seating in shade and sun.</p>	<p>Open all year round (see Food Education section for information about workshops)</p>	<p>Everyone is welcome to join in the activities held in and around the garden or simply enjoy the space. We invite the community to pick herbs and vegetables but ask people to only take as much as they need. Contributions of time, expertise, materials, compost scraps or donations are welcome.</p>	PORT MELBOURNE
<p>Boyd Community Hub 207 City Road, Southbank, 3006 9658 8317 boyd@melbourne.vic.gov.au melbourne.vic.gov.au Contact: Nadine Ford</p>	<p>Boyd planter boxes Providing local residents with the opportunity to garden and grow herbs.</p>	<p>Open to public access</p>	<p>Free Open to everyone</p>	SOUTHBANK
<p>Veg Out Community Gardens St Kilda Inc. Corner of Shakespeare Grove and Chaucer Street, St Kilda, 3182 hello@vegout.org.au vegout.org.au Contact: Hugh or Sally</p>	<p>Veg Out community gardens Veg Out is an organic, chemical free community garden run by volunteers. Become a Friend of the garden by registering online.</p>	<p>9am - 4pm in winter 9am - 6pm in summer</p>	<p>Open to everyone 'Friend' membership costs \$15</p>	ST KILDA

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 right of page 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 contact Ben Liney on (03) 9429 3084 or benliney@cultivatingcommunity.org.au Or visit the website at cultivatingcommunity.org.au

Interested in growing your own food?

- Save energy and water, reduce waste and live sustainably: melbourne.vic.gov.au/energysaver
- Find out how to get funding support through a community grant to set up a community or neighborhood garden melbourne.vic.gov.au/greenspaces
- Find out how to plant and maintain gardens on nature strips and medium strips through these street garden guidelines melbourne.vic.gov.au/greenspaces
- Find out about ways to play a role in greening our city, whether through green roofs or vertical green walls melbourne.vic.gov.au/greencity

LOCATION	ADDRESS
Alfred Street	33 Alfred Street
Buncle Street	Corner Buncle and Mark Streets
Crown Street	29 Crown Street
Emerald Street	24 Emerald Street
Fitzroy (Asherton Gardens Estate)	125 Napier Street
Flemington	120 Racecourse Road
Gronn Place	End Gronn Place
Highbett Street	139 Highbett Street
Hoddle Street 229	229 Hoddle Street
Hoddle Street 253	253 Hoddle Street
Holmes Street	1 Holmes Street
Inkerman Street	150 Inkerman Street
King Street (three small gardens)	25 King Street
Lennox Street	13 Lennox Street
Lygon Street	530 Lygon Street
Neill Street	140 Neill Street
Park Towers	255 Bank Street
Union Street	49 Union Street
Wingate Avenue	22-24 Wingate Avenue

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 their website mfm.com.au

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 visit the Coles website colesonline.com.au

For Woolworths, call 1300 666 377 or visit the Woolworths website homeshop.com.au

WHO	WHAT	WHEN	COST AND CONDITIONS	📍
<p>Melbourne Farmers Market St Heliers Street, Abbotsford, 3067 9419 0826 info@mfm.com.au or marketing@mfm.com.au mfm.com.au Contact: MFM office</p>	<p>Collingwood Farmers' Market</p>	<p>Sat 8am - 1pm Open second Saturday of each month</p>	<p>Adults \$2 To support projects at Collingwood Children's Farm. Free entry for children.</p>	ABBOTSFORD
<p>Melbourne Farmers Market St Heliers Street, Abbotsford, 3067 9419 0826 info@mfm.com.au or marketing@mfm.com.au mfm.com.au Contact: MFM office</p>	<p>Slow Food Melbourne Farmers Market</p>	<p>Sat 8am - 1pm Open fourth Saturday of each month</p>	<p>Gold coin donation</p>	ABBOTSFORD
<p>Melbourne Farmers Market 21 Graham Street, Albert Park, 3206 9419 0826 info@mfm.com.au or marketing@mfm.com.au mfm.com.au Contact: MFM office</p>	<p>Gasworks Farmers' Markets</p>	<p>Sat 8am - 1pm Open third Saturday of each month</p>	<p>Free entry</p>	ALBERT PARK

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Brunswick Uniting Church 212- 214 Sydney Road , Brunswick, 3056 0431 193 810 or 0414 319 649 brunswick.unitingchurch.org.au Contact: Glenice Cook</p>	<p>Brunswick Uniting food co-operative Reduces packaging and, where possible, purchases organic and Australian grown foods and to care for the earth as a cooperative community.</p>	<p>Sat 10am and 12pm Third Saturday of the month</p>	<p>\$1 membership</p>	BRUNSWICK
<p>Urban Orchard Stewart Street and Roberts Street, Brunswick East, 3057 urbanorchard@ceres.org.au Contact: April</p>	<p>Urban Orchard 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 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 Visit the stall on market day to get involved</p>	BRUNSWICK EAST
<p>Melbourne Farmers Market Corner of Palmerston and Drummond Streets, Carlton, 3053 9419 0826 info@mfm.com.au or marketing@mfm.com.au mfm.com.au Contact: MFM office</p>	<p>Carlton Farmers' Market</p>	<p>Sat 8am and 1pm First Saturday of each month</p>	<p>Entry to the market is by gold coin donation which supports the school's programs</p>	CARLTON

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Friends of The Earth 312 Smith Street, Collingwood, 3066 9417 4382 melbournefoe.org.au Contact: Cam Walker</p>	<p>Friends of the Earth Food co-op and cafe Provides affordable, locally grown, organic food. Bring your own bags and containers or cup for take away tea and coffee. The café also offers cheap lunchtime meals from 12pm using food from the co-op.</p>	<p>Daily 10am - 6pm Monday - Friday 10am - 5pm Saturdays 11am - 4pm Sundays (Café opens at 12pm) Closed public holidays</p>	<p>Low cost foods and meals Annual membership for Co-op is available. Volunteers get a 15% discount off their shopping in the co-op. If you are interested in volunteering, visit the website.</p>	COLLINGWOOD
<p>Flemington Farmers Market 169-175 Mount Alexander Road, Flemington, 3031 0407 411 198 flemingtonfarmersmarket.com.au Contact: Don Linke</p>	<p>Flemington Farmers' Market Stallholders sell fresh food and local produce, all grown and made themselves.</p>	<p>Sun 9am - 1pm Open every Sunday Closed over Christmas</p>	<p>Free entry</p>	FLEMINGTON
<p>Ceres Fair Food 673 6288 info@ceresfairfood.org.au ceresfairfood.org.au Contact: Customer Service (Kate or Laura)</p>	<p>Fair Food delivery service Delivers fair, fresh food and groceries throughout Melbourne.</p>	<p>Mon, Tue, Wed, Thu, Fri 11am - 7pm</p>	<p>See website for pricing and delivery fees for your area</p>	GREATER MELBOURNE
<p>Organic Angels Box Hill South, 3128 9890 0776 enquiries@organicangels.com.au organicangels.com</p>	<p>Organic Angels - food delivery Delivers organic produce directly to your door. Sourcing the best Australian certified organic produce. Delivers to most locations in Melbourne.</p>	<p>Delivery times vary for each suburb / post code Contact Organic Angels for more information. Closed public holidays</p>	<p>Mixed fruit and vegetable boxes start from \$46.50 plus delivery See website for detailed pricing</p>	GREATER MELBOURNE

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Organic Empire 9737 9677 tastesbetter@organicempire.com.au organicempire.com.au Contact: Ange Joffrey</p>	<p>Organic Empire - delivery service Locally sourced from a farm in the Yarra Valley, they deliver sustainable, local and organic foods, fruits and vegetables, and groceries to your home or office throughout Melbourne.</p>	<p>Thu and Fri Delivers 9am - 5pm</p>	<p>See website for pricing</p>	<p>GREATER MELBOURNE</p>
<p>Street Organics 1430 High Street, Malvern, 3144 9972 8329 streetorganics.com/melbourne</p>	<p>Home delivery - healthy food options Full café menu is available through UberEATS and Deliveroo, while house-branded groceries, take-home meals and other products are available for home delivery through the online store.</p>	<p>Daily 8am - 4pm (closes 10pm Thursdays) 9am - 2pm Sundays</p>	<p>Minimum order \$55 for deliveries in Greater Melbourne Free delivery for Malvern area</p>	<p>GREATER MELBOURNE</p>
<p>Queen Victoria Market Corner of Victoria Street and Elizabeth Street, Melbourne, 3000 9320 5822 qvm.com.au</p>	<p>Queen Victoria Market - fresh produce 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 6am - 2pm Mondays and Wednesdays 6am - 5pm Thursdays 6am - 3pm Saturdays 9am - 4pm Sundays Check website for public holiday closures</p>	<p>Free entry</p>	<p>MELBOURNE</p>

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Melbourne Farmers Market University of Melbourne, Parkville, 3010 9419 0826 info@mfm.com.au or marketing@mfm.com.au mfm.com.au Contact: MFM office</p>	<p>Farmers' Market at the University of Melbourne</p>	<p>Wed 10.30am - 2.30pm Every Wednesday during semester</p>	<p>Free entry</p>	PARKVILLE
<p>Melbourne University Food Co-op University of Melbourne, Parkville, 3010 9347 8716 yourfoodcoop@gmail.com</p>	<p>University of Melbourne food co-op The co-op sells lunch and seasonal, fresh, local produce at affordable prices. Member run.</p>	<p>Wed, Thu, Fri 10am - 3pm</p>	<p>Low cost</p>	PARKVILLE
<p>Asylum Seeker Resource Centre (ASRC) Melbourne CBD, Northcote, Footscray 9326 6066 foodjusticetruck@asrc.org.au asrc.org.au</p>	<p>Food justice truck Mobile fresh food market for people seeking asylum in Victoria by offering locally sourced produce, grains, legumes, tea and bread at a 60 per cent discount. Also welcomes general public shoppers who pay local market rates.</p>	<p>Wed and Fri Melbourne CBD: 11.30am - 2pm Wednesdays Northcote: 11.30am - 1.30pm Fridays Footscray: 3pm - 5pm Fridays</p>	<p>Low cost market prices Refugees and asylum seekers get 60 per cent discount</p>	VARIOUS LOCATIONS

WHO	WHAT	WHEN	COST AND CONDITIONS	
<p>Prahran Market 163 Commercial Road, South Yarra, 3141 8290 8220 stefanie.mullin@prahranmarket.com.au prahranmarket.com.au Contact: Stefanie Mullin</p>	<p>Prahran Market 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 7am - 5pm 10am - 3pm Sundays Check website for public holiday closures</p>	<p>Free entry</p>	<p>PRAHRAN</p>
<p>City of Yarra Gleadell Street, Richmond, 3121 9205 5555 info@yarracity.vic.gov.au yarracity.vic.gov.au Contact: Compliance Administration Team</p>	<p>Gleadell Street Market Every Saturday Gleadell St is closed to traffic and becomes a farmer's market selling seasonal fruits and vegetables, fresh bread, herbs, flowers and gourmet delights.</p>	<p>Sat 7am - 1pm Closed on Easter Saturday, ANZAC day (if falling on a Saturday) and for a 1-2 weeks over the Christmas/New Year period</p>	<p>Free entry</p>	<p>RICHMOND</p>
<p>South Melbourne Market Corner of Coventry Street and Cecil Street, South Melbourne, 3205 9209 6295 smm@portphilip.vic.gov.au southmelbournemarket.com.au Contact: Meg Dallalana</p>	<p>South Melbourne Market A quintessential village market, a place where people come not only to purchase fresh local food, but to meet, eat, drink, shop, discover, share and connect.</p>	<p>Wed, Fri, Sat, Sun 8am - 4pm (closes 5pm Fridays)</p>	<p>Free entry</p>	<p>SOUTH MELBOURNE</p>
<p>Veg Out Community Gardens St Kilda Inc. Corner of Shakespeare Grove and Chaucer Street St Kilda, 3182 hello@vegout.org.au vegout.org.au Contact: Hugh or Sally</p>	<p>Veg Out St Kilda Farmers' Market Directly supporting primary producers from around the state, selling both certified organic and conventional produce.</p>	<p>Sat 7.30am - 1pm First Saturday each month</p>	<p>Free entry</p>	<p>ST KILDA</p>

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: Average cost for a three course meal is \$7.50 for eligible clients.

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 9542 or visit the City of Melbourne website melbourne.vic.gov.au

City of Melbourne community transport program: support with grocery shopping

If you or someone you know has difficulty using public transport because of frailty, disability or isolation, the City of Melbourne's community transport program is available. It's a pre-booked service for shopping trips and is available within City of Melbourne municipal boundaries. Local shopping destinations include Queen Victoria Market, Footscray Market, Prahran Market, Barkley Square and ALDI.

You must be a resident to access this service and meet eligibility. Fees apply. For more information, contact City of Melbourne on (03) 9658 9542 or visit the City of Melbourne website.




FOOD RESCUE

How do you 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	WHAT	
<p>Fareshare 1-7 South Audley Street, Abbotsford, 3067 (9428 0044 fareshare.net.au Contact: Kellie Watson</p>	<p>FareShare is a not-for-profit organisation that rescues 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 for people experiencing homelessness.</p>	ABBOTTSFORD
<p>Foodbank Victoria 4/2 Somerville Road, Yarraville, 3013 9362 8300 info@foodbankvictoria.org.au foodbankvictoria.org.au</p>	<p>Foodbank collects and accepts food donations from anyone in the supply chain that is fit for human consumption. This includes products that for one reason or another can't enter the retail chain. They receive a variety of stock, including top quality, end-of-line, mislabelled and overrun stock.</p>	YARRAVILLE
<p>OZ Harvest Melbourne 850 Lorimer Street, Port Melbourne, 3207 9999 5070 melbourne.info@ozharvest.org ozharvest.org</p>	<p>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.</p>	PORT MELBOURNE
<p>Second Bite 73 McClure Road, Kensington, 3031 1800 263 283 admin@secondbite.org secondbite.org Contact: Jim Mullan</p>	<p>SecondBite breaks down barriers to people's access of healthy food by working with more than 1200 community food programs across Australia to redistribute rescued food to those who need it most.</p>	KENSINGTON

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

If you offer a program or service that donates or provides free food to the community, you must contact City of Melbourne's Health and Wellbeing branch on (03) 9658 9658 to discuss your food safety requirements with one of our Environmental Health Officers.



How to contact us

Online:

melbourne.vic.gov.au

In person:

Melbourne Town Hall - Administration Building
120 Swanston Street, Melbourne
7.30am to 5pm, Monday to Friday
(Public holidays excluded)

Telephone:

03 9658 9658
7.30am to 6pm, Monday to Friday
(Public holidays excluded)

Fax:

03 9654 4854

In writing:

City of Melbourne
GPO Box 1603
Melbourne VIC 3001
Australia



Interpreter services

We cater for people of all backgrounds
Please call 03 9280 0726

03 9280 0716 አማርኛ
03 9280 0717 廣東話
03 9280 0718 Ελληνικά
03 9280 0719 Bahasa Indonesia
03 9280 0720 Italiano
03 9280 0721 國語
03 9280 0722 Soomaali
03 9280 0723 Español
03 9280 0724 Türkçe
03 9280 0725 Việ̣t Ngữ
03 9280 0726 All other languages

National Relay Service:

If you are deaf, hearing impaired or speech-impaired,
call us via the National Relay Service: Teletypewriter (TTY)
users phone 1300 555 727 then ask for 03 9658 9658
9am to 5pm, Monday to Friday (Public holidays excluded)



CITY OF MELBOURNE

