Free or Low Cost Food Hamper/ Grocery Staples Distribution (Updated May 2023)

| Monday | Tuesday | Wedesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|------------------------|------------------------|----------------------|-------------------------|----------|---------------------|
| Anglicare Parramatta Food | Anglicare Parramatta | Anglicare Parramatta | Anglicare Parramatta | Anglicare Parramatta | | |
| & Financial Assistance | Food & Financial | Food & Financial | Food & Financial | Food & Financial | | |
| Office | Assistance Office Food | Assistance Office Food | Assistance Office | Assistance Office | | |
| Food Parcels | Parcels | Parcels | Food Parcels | Food Parcels | | |
| 9am-5:00pm | 9am-5:00pm | 9am-5:00pm | 9am-5:00pm | 9am-5:00pm | | |
| 12 Victoria Rd, Parramatta | 12 Victoria Rd, | 12 Victoria Rd, | 12 Victoria Rd, | 12 Victoria Rd, | | |
| Call 8624 8600 First | Parramatta | Parramatta | Parramatta | Parramatta | | |
| | Call 8624 8600 First | Call 8624 8600 First | Call 8624 8600 First | Call 8624 8600 First | | |
| Hope Connect | | | | Parramatta Community | | Turbans 4 Australia |
| Emergency Relief Food | | | | Care | | Food Hampers |
| Assistance | | | | FoodCare | | Food/Grocery |
| 10am-11:45 am | | | | Free/Low-cost Groceries | | Hampers |
| 16 Shortland St, Telopea | | | | 9:00am-11:30am | | 11:00am-12pm |
| Call 9638 7955 | | | | 18 Barney St, North | | 14 Martha St Clyde |
| | | | | Parramatta | | |
| | | | | Call 9630 3892 first | | |
| | | | | | | |
| Pathways Community | | Pathways Community | | | | |
| Church | | Church | | | | |
| Food Hampers | | Food Hampers | | | | |
| 12-2pm | | 12-2pm | | | | |
| 284 Dunmore St, | | 284 Dunmore St, Pendle | | | | |
| Pendle Hill | | Hill | | | | |
| Call 9636 7600 to book | | Call 9636 7600 to book | | | | |
| | | | | | | |

| Monday | Tuesday | Wedesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|---|----------|--------|
| | | Karabi Community Development Services Grocery Staples 12-3pm | | | | |
| | | 28 Darcy rd, Wentworthville Call 9631 6575 First | | | | |
| Parramatta Mission Food Hampers | Parramatta Mission Food Hampers | Parramatta Mission Food Hampers | Parramatta Mission Food Hampers | Parramatta Mission Food Hampers | | |
| 1-2 pm 119 Macquarie St, Parramatta | 1-2 pm 119 Macquarie St, Parramatta | 1-2 pm 119 Macquarie St, Parramatta | 1-2 pm 119 Macquarie St, Parramatta | 1-2 pm 119 Macquarie St, Parramatta | | |
| | | | Hope Connect Emergency Relief Food Assistance 1pm -2:45pm 16 Shortland St, Telopea Call 9638 7955 First | | | |