

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

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

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