

food pantries & soup kitchens

FOOD PANTRIES

Food pantries provide affordable groceries for people or families in need. People who hold a current health care or pension card can join the local food bank for free to buy low-cost groceries.

SOUP KITCHENS

Soup Kitchens are a place where food is offered to the hungry for free or at a below market price.



far north coast nsw

Organisation	Support provided	Address & phone number
BALLINA		
Life Care 2	Open Tuesday to Friday 9.30am - 12.30pm Free tea/coffee, bread, fruit & veg	Shop 1, 83 Tamar St, Ballina 02 6681 6122
Five Loaves	Open Thursday 5.00pm	17 Kerr St (cnr Tamar Street), Ballina 02 6681 1779
Masonic Hall	Open Tuesday to Friday 11.30am - 12.30pm	Masonic Hall, Cnr Cherry & Swift St, Ballina 0457 420 482
Presbyterian Church	Breakfast 1st & 3rd Saturday 8 - 10am	Presbyterian Hall (behind church) 43 Cherry St, Ballina 0474 157 903
BRUNSWICK HEADS		
Liberation Larder	Open Tuesday & Friday 9.30 - 10.30am	Brunswick Heads Community Centre 42 Beach Rd, Brunswick Heads 0435 879 778
BYRON BAY		
Liberation Larder	Open Monday & Thursday breakfast & lunch 7am - 2pm Pick up frozen meals working days	Community Centre (Fletcher St Entrance) 69 Jonson St, Byron Bay 0435 879 778
C3 Church	Open Thurs 10 to 11.30am Friday 10 - 11am & 5 - 6pm	40 Banksia Dr, Byron Bay 02 6681 4144 (C3 Ballina)
CASINO		
Lend-a-Hand	Open Tuesday 1 - 4pm Thursday 9am - 1pm	67 Richmond Street, Casino (next to pool)
EVANS HEADS		
Mid Richmond Neighbourhood Centre Community Pantry & Foodbank	Monday, Wednesday & Friday 11am – 2pm (except public holidays) Membership cost \$3 per year. Emergency relief food Monday to Friday 9am - 3.30pm Thursdays community cook up	Shop 5, 6 Oak Street, Evans Head

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Organisation	Support provided	Address & phone number
GRAFTON		
Food Care Christian Outreach	Open 9am - 1pm Wed, Thurs & Fri	Good Intent Shopping Centre, Armidale Rd South Grafton 02 6642 7236
Salvation Army	Tues 9.30 – 12.30 for food and financial aid	93 Oliver St, Grafton 02 6643 1650
Soup-A-Stars McAuley College	Open Noon - 1.30pm Mon, Weds BBQ lunch Noon to 1pm Fri	New School of Arts, Spring St, South Grafton Community Garden 02 6640 3800
Uniting Church	Low cost café	126-128 Prince St, Grafton 02 6642 6426
KYOGLE		
Seventh Day Adventist Church	Thursday self-service 9am - 3pm Friday & Tuesday 12-2pm free 3 course meal	8-12 Bloore St, Kyogle 02 6636 2227
LISMORE		
Lismore Uniting Church	Open 9am - 12pm Thursday 10am-2pm Mon-Fri - Fresh food pantry	80 Keen St, Lismore + Red Dove 02 6621 5801
Five Loaves	Open Monday 9am	Back Adventist Church, Uralba St, Lismore 0425 337 394
The Winsome Soup Kitchen	Lunch every day Breakfast 7am – 8am Mon to Thurs	11 Bridge St, North Lismore & Uniting Church Downstairs Hall, Keen St, Lismore 02 6622 4055
Uniting Church	A Café with home style meals at a reasonable rate	Red Dove Café, Keen St, Lismore 02 6621 5801
Five Loaves	Monday to Friday 6am	Transit Centre, Magellan St, Lismore 0425 337 394
MULLUMBIMBY		
Uniting Church Food Box	Open Thursday 9.30 - 11.30am	Uniting Church, Cnr Dalley & Whian St, Mullumbimby 02 6685 1708
Neighbourhood Centre	Community Meals Monday - Friday 12.30pm - 2pm Soup Kitchen Open Wednesday 5 - 6pm Vegetarian	55 Dalley St, Mullumbimby (next to Civic Centre) 02 6684 1286

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Organisation	Support provided	Address & phone number
MURWILLUMBAH		
Community Centre	Wednesday & Friday advised by Centre Soup & food	Nullum House, Nullum St, Murwillumbah Patsy Walsh 02 6672 3003
Seventh Day Adventist Church	Open Monday, Wednesday & Friday 5.30 - 7.00pm	Nullum House, Nullum St, Murwillumbah 0429 496 162
NIMBIN		
Neighbourhood Centre	By appointment Monday, Tuesday, Wednesday & Friday, fresh food boxes Soup Friday, Food recovery centre	71 Cullen St, Nimbin
Five Loaves	Saturday 5.15pm	Main St, Nimbin 0425 337 394
Neighbourhood Centre	11am - 2pm Friday	71 Cullen St, Nimbin (front verandah) 02 6689 1692
POTTSVILLE		
Beachside Church	Open Weds 10am - 12pm Grocery Food pantry	Neighbourhood Centre, Elizabeth St, Pottsville 02 6676 4526
TWEED HEADS		
Vibe Church	Open Monday, Tuesday & Friday 9am - 11pm, Thursday 9am - 12pm Free & low cost food	3 Beryl St, Tweed Heads (back of church down the lane) 02 6676 4526 https://www.facebook.com/vibepantryfoodhelp/
YAMBA		
Wellspring Community Care	Open Thursday 9:30am - 2pm	3 Treelands Dr, Yamba 02 6645 8829

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CARRARA		
Set Free Care/ Crosslife Church	Thursday 2.30 - 4pm \$15 food parcels No criteria, please reuse bags	Set Free HQ, 5/17 Indy Ct, Carrara 07 5500 4454
COOLANGATTA		
Agape Outreach	Wednesday & Thursday 6pm Free meals, no criteria	Marine Pde, Coolangatta (opp. Georges Paragon restaurant) 0414 693 670
Krurungal Aboriginal & Torres Islanders Corporation	Emergency food relief by appointment only, call to book ATSI – need Centrelink income statement & proof of bills or referral from a service	07 5536 7911
HILLCREST		
Lighthouse Care Hillcrest	Monday - Friday 9am - 5pm \$25 Shopping Trolley, low cost groceries First time guests must register	3/20 Central Ct, Hillcrest 07 3800 8200
LABRADOR		
The Movement Labrador	All welcome to once weekly dinner	Len Fox Park, Marine Pde, Labrador Contact on Facebook – The Movement Gold Coast
MERMAID BEACH		
Havafeed	Thursday breakfast 6.30am Food parcels if needed when attending free breakfast or lunch	Mermaid Beach Community Complex, 2433 Gold Coast H'way 07 5520 3363
MUDGEERABA		
Community Care/ Uniting Church Mudgeeraba	Monday - Friday 9am - 4pm, Saturday & Sunday 9am - 12pm Food essentials & parcels to Mudgeeraba residents	89 Franklin Dr, Mudgeeraba 07 5530 7298 07 5525 1309
Mudgeeraba Uniting Church	Monday - Friday 9am - 4pm, Saturday 9am - 12pm walk in food assistance	89 Franklin Dr, Mudgeeraba 07 5530 7298

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NERANG		
Nerang Neighbourhood Centre	Thursday 1.30 - 4pm, Friday 8 - 10.30am \$15 per box of food Must ring to reserve a box by 4pm Wednesday	29 Martin Street, Nerang Ph: 5578 2457
PALM BEACH		
Vibe community care pantry	Monday, Wednesday & Thursday 1 - 4pm Free and low cost food Health care card or pension card	Shop 10-11, 8th Ave, Palm Beach 07 5536 7575 https://www.facebook.com/vibepantryfoodhelp/
Lifeboat Community Services	Monday - Friday 9am - 5pm Community feed and emergency food parcels - All welcome	3/20 Central Ct, Hillcrest 07 3800 8200
REEDY CREEK		
Plus One Care	Tuesday - Friday 9am - 2pm Free food, Centrelink referral preferred, bring a Centrelink card if possible	56 Gemvale Rd, Reedy Creek 07 5522 0802
ROBINA		
Newlife Care Inc.	Monday - Friday 9am - 4pm Emergency food relief for those in need, call or present at service Will be assessed on site for level of need	4 Greenwich Ct, Robina 07 5593 3262
Pregnancy and Family Support	Tuesday - Thursday by appointment Families food vouchers Must bring Centrelink Income statement	4/4 Firebird St, Robina 07 5575 8442 info@pfs.org.au
SOUTHPORT		
Angels Kitchen	Sunday 4pm Free tea, coffee, biscuits, main meal & dessert Anyone in need, please be on time	Room 3, GC Community Centre, 8 Lawson St, Southport 07 5532 6647
Rosies BBQ Outreach	Monday 11am - 12pm, Wednesday & Friday 8 - 9am walk in BBQ meal	Sykes Park, Cnr North & High St, Southport 07 3396 4267
Rosies Drop in Centre	Monday 8.30am - 12.30pm Walk in emergency boxes & \$10 food boxes	Cnr Hicks & Davenport St, Southport 07 3396 4267
Set Free Care/ Crosslife Church	Thursday 11am - 1pm free lunch Tuesday 5 - 7pm free dinner Tuesday - Friday 10.00 - 3.00pm & Saturday 10am - 1pm \$15 pantry packs No criteria, please reuse bags	Crosslife Baptist Church 21 Rawlins St, Southport 07 5500 4454 https://www.facebook.com/SetFreeCareFoodAssistance/

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Organisation	Support provided	Address & phone number
SURFERS PARADISE		
St John's/Surfers Paradise Anglican Crisis Care	Monday - Friday 11.30am - 12.30pm \$2 meals, stock of non-perishable food & necessities, Centralink or Healthcare card	36 Hamilton Ave, Surfers Paradise 07 5531 6013
VARSITY LAKES		
Kalwun Development Corp Ltd	Monday - Friday 8.30am - 4.30pm ATSI food vouchers \$40 for individual \$80 for family Strict eligibility criteria & detailed application process	14 Cassia Dr, Varsity Lakes 07 5578 3434
GOLD COAST WIDE		
Homeless Persons Hotline	Phone info and referral service for all experiencing or at risk of homelessness needing info, food, meals and/or showers	1800 474 753
Salvation Army	Call for assistance to be organised	1300 371 288 or 13 72 58
St Vincent de Paul	Monday - Friday 8.30am - 3.30pm Food parcels, as well as clothes, furniture and emergency relief (food voucher, financial contribution to bills) in cases of extreme hardship) Call the help line, assessment and further information will be given	Gold Coast help line 07 5561 4702 Multiple centres throughout the Gold Coast