



## Emergency Relief and Mental Health and Wellbeing Support

Experiencing food insecurity can influence the physical, mental and social wellbeing of both adults and children. For mental health and wellbeing support you can contact any of the following phone services;

- Beyond Blue on **1300 22 4636**
- Lifeline on **13 11 14**
- Headspace (12-25 years old) on **1800 650 890**
- Aboriginal & Torres Strait Islander crisis support line [13YARN](#) on **13 92 76**

Local support services:

- South West Healthcare – Mental Health and Wellbeing Services on **1800 808 284**
- Headspace Warrnambool (12-25 years old) on **1300 276 749**
- Brophy Family and Youth Services on **(03) 5561 8888**
- Gunditjmara Aboriginal Cooperative Ltd on **(03) 5559 1234**

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## Community Meals

Organisation	Service	Food Provided	Cost	Days and times	Eligibility Criteria	Access/Referral/Delivery
<b>Anglicare</b> (230 Koroit St, Warrnambool) 0437 531 997 0458 750 351	Community Breakfast/Brunch	A range of hot and cold foods provided.	Free	Monday-Friday 10am-12pm	Nil	Walk in No referral required.
<b>Warrnambool Presbyterian Church</b> (28 Spence St, Warrnambool) 5562 2029	Community breakfast	Hot breakfast, cereals, toast, tea and coffee.	Free	Tuesday 8am-9am	Nil – all welcome	Walk in. No referral required.
<b>Brophy Family and Youth Services</b> (210 Timor St, Warrnambool) 5561 8888	Friday feed	A range of food provided.	Free	Fridays 11am-1pm	Nil	Walk in. No referral required.
<b>Archie Graham Community Centre</b> (118-130 Timor Street, Warrnambool)	Archie Cafe	Menu of homemade fresh & toasted sandwiches, soup & frittata. Espresso Coffee available	Sandwiches \$5 Soup \$6 Frittata \$7 Cake \$2.50 Coffee \$4 (correct as of 1.7.2024)	Monday, Tuesday, Thursday 10am- 1.30pm	Nil	Walk in – Archie Café  To avoid disappointment, groups are advised to book via Archie Reception - 5559 4920

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<b>Emmanuel College</b> (140 Botanic Road, Warrnambool – enter via Ardlie Street carpark)	Community dinner	A range of food provided	Free	Tuesdays from 5:30pm-6:45pm (School term only and not on Public Holidays)	Nil	Walk in
<b>Uniting Church</b> (115 Koroit Street, Warrnambool)	Community lunch	Main meal and a dessert	Free	Wednesdays at 12pm in the hall	Nil	Walk in
<b>Salvation Army</b> (58-60 Mortlake Road, Warrnambool)	Community breakfast	Cooked breakfast, cereals, toast, tea, coffee, milo and juice	Free	Thursdays from 7:30am-9am	Nil	Walk in

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## Food Hampers and Vouchers

Organisation	Service	Food Provided	Cost	Days and times	Eligibility Criteria	Access/Referral/Delivery
<b>Western District Food Share</b> (24a Harrington Rd, Warrnambool)	Emergency food assistance in the form of hampers (3 days' supply of food). Provide food hampers to organisations and agencies in the community for distribution to clients	Hampers include fresh (fruit and veg) , frozen (meat and meals) chilled (dairy and eggs) and staple pantry products – may vary depending on the food available	Free	Mon-Fri 8.30am-11:30am for agency pick up	Nil	<b>No walk ins.</b>  Orders for hampers can only be placed via the Agency Hotline by organisations who are registered with Food Share. Registered Agencies staff collect hampers for distribution.  0428 197 715
<b>Anglicare</b> (230 Koroit St, Warrnambool)	Food hampers Butcher vouchers Prescription support	Non-perishable foods (canned goods or packet goods) Fresh fruit and vegetable parcels.	Free	Monday-Friday 10am-12pm	Nil	Walk in (no delivery)  Identification needed (Centrelink preferred but others excepted)  0458 750 351
<b>Meli</b> (Ground floor Bayside Plaza, 24-36 Fairy St, Warrnambool)	Food vouchers and emergency relief  Food hampers (subject to availability)	Nil	Free	Monday-Friday	Determined on a case by case basis	Phone (03) 52788122 Option 1 Monday morning at 9am to make an appointment for that week (limited appointments available).  Or 9am on a Tuesday if the Monday is a public holiday.

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<b>Brophy Family and Youth Services</b> (210 Timor St, Warrnambool)	Available to assist in accessing food	Food provided by Food Share	Free	Monday-Friday 9am-5pm	Assistance for youth 12-25 years.	Walk in  Phone 5561 8888 or 1800BROPHY for inquiry.
<b>Community Re-Connections Program</b> at Brophy Family and Youth Services	Available to assist in accessing food	Food provided by Food Share	Free	Mon, Tues, Wed, Thurs, Fri 1pm – 5pm	25+  Experiencing homelessness or at risk of homelessness	Walk in.  Phone 5561 8888 or 1800BROPHY for inquiry.
<b>CatholicCare Victoria</b> (142 Timor Street, Warrnambool)	Food vouchers Fuel vouchers	Nil	Free	Monday- Friday 9am-5pm	Emergency Relief can be accessed by anyone experiencing a financial crisis which has left them unable to pay for necessities such as food	To make an appointment for Emergency Food Relief call 1800 123 228 and choose option 1 - Monday – Wednesday between 9:30am-11:30am
	Ebags and boxes of pantry staples (limited supply)	Pantry staples	Free			Walk in

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<b>Warrnambool Neighbourhood and Community Centre</b> (17 Fleetwood Court, Warrnambool)	Food hampers	Food provided by Food Share	Free	Monday-Friday (during opening hours)	For those living in the Warrnambool area	Phone 5561 4624 before 10am to place an order for pick up from centre the next day  No delivery  <a href="https://m.facebook.com/Warrnambool-Neighborhood-and-Community-Centre-201030173241261/">https://m.facebook.com/Warrnambool-Neighborhood-and-Community-Centre-201030173241261/</a>
	Non-perishable hampers	Non-perishable food items	Free	Monday-Friday (during opening hours)		Walk in
	Open pantry – take what you need and leave what you can	Non-perishable food items and other personal products	Free	Monday-Friday (during opening hours)		Walk in
	Free Fresh Milk (as stock lasts)	Milk	Free	Tuesday-Friday (during opening hours)		Walk in
<b>Gunditjmara Aboriginal Cooperative</b> (135 Kepler St, Warrnambool)	Available to assist consumers in accessing food	Food provided by Food Share	Free	Monday-Thursday 9am-5pm  Friday 9am-4pm	Aboriginal community members	Phone 5559 1234 to inquire

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<b>Salvation Army Emergency Relief</b> (58-60 Mortlake Road, Warrnambool)	<p>Food hampers</p> <p>Fresh fruit and vegetable and bakery items on Tuesday</p> <p>Vouchers for furniture and clothes from Thrift Shop – need appointment with a case worker to access</p> <p>For food vouchers call Salvos Phone Assistance Line: 8873 5288</p>	Food provided by Food Share and pantry at Salvos	Free	Monday-Friday 9.30am-5pm	No specific eligibility criteria however is for emergency relief only	<p>Walk in</p> <p>Phone (03) 5561 8444 to inquire</p>
<b>St Vincent De Paul Warrnambool</b> (178-180 Fairy St, Warrnambool)	<p>Food vouchers</p> <p>Food hampers</p>	Food provided by Food Share	Free	Monday-Friday 9:30am-5pm	Determined on a case by case basis	Phone 5561 0767 and leave a message – a volunteer will call back to organise delivery/home-visit.

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<b>West Warrnambool Neighbourhood House</b>	Food hampers	Food provided by Food Share	Free	Monday-Thurs 9am-12pm	For those who live in the West Warrnambool, Merrivale and Dennington area	Phone 0418 944 276 the day before you require food hamper or early in the morning.  <a href="https://m.facebook.com/westwarrnamboolneighbourhoodhouse/">https://m.facebook.com/westwarrnamboolneighbourhoodhouse/</a>
<b>HACC PYP – Warrnambool City Council</b>	Food Vouchers	Vouchers for groceries from Coles and Woolworths	Free for eligible service users	Monday – Friday	Home and Community Care Program for Younger People (HACC PYP) is for people aged under 65 or Aboriginal and Torres Strait Islander people under 50 who need assistance with activities of daily living, and/or for carers of someone who meets eligibility criteria	Phone 5559 4801 for inquiry or email <a href="mailto:hacc_coordination@warrnambool.vic.gov.au">hacc_coordination@warrnambool.vic.gov.au</a>  For more information visit <a href="https://www.warrnambool.vic.gov.au/hacc-pyp">https://www.warrnambool.vic.gov.au/hacc-pyp</a>

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## Home Delivered Meals & Grocery Services

Organisation	Service	Food Provided	Cost	Days and Times	Eligibility Criteria	Access/Referral/Delivery
<b>Meals on Wheels-Warrnambool City Council</b>	Variety of cooked home delivered meals	Each meal can consist of a soup, main meal, dessert and a juice or fruit. Cater for specialised dietary needs.	Fees are charged for some services, while others are free. This can be discussed at any stage in your inquiry.	Meals delivered Monday-Friday 11am-12.00pm  Weekend meals delivered Friday.	Elderly or have a disability. Before services can commence, some consumers aged 65+ may need to register through My Aged Care on 1800 200 422.	Phone 5559 4801 for inquiry  Referrals through My Aged Care if 65+. Referrals can be made through self, family health services and agencies  Meals are delivered to the home
<b>Coles Supermarket</b>	Home delivered groceries	Nil	Cost of delivery depends on grocery spend & geographical location	Monday-Sunday	Nil	Delivery  Order by signing up online at <a href="https://www.coles.com.au/">https://www.coles.com.au/</a>
<b>Woolworths Supermarket</b>	Home delivered groceries	Nil	Cost of delivery depends on grocery spend & geographical location	Monday-Sunday Times vary	Nil	Delivery  Order online through <a href="https://www.woolworths.com.au/">https://www.woolworths.com.au/</a> Or Phone 1800 000 610 for inquiry

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## Food Swaps, Community Gardens & Markets

Organisation	Service	Food Provided	Cost	Days and Times	Eligibility Criteria	Access/referral/delivery
<b>Warrnambool Community Garden</b> (Corner of Derby St and Grieve St, Warrnambool)	Large space to meet and enjoy gardening. Individual and communal plots are available	Fresh vegetables and fruit	Membership fee. Varies depending on type of membership. \$33 annually for an adult	Tuesday -10am-12pm Wednesday -9am-5pm Friday-9am -12pm Saturday – 9am-2pm		Membership required for access  0493 928 511  For more information visit <a href="https://www.wcg3280.org.au/">https://www.wcg3280.org.au/</a>
<b>Warrnambool Community Garden</b> (Corner of Derby St and Grieve St, Warrnambool)	Weekly Garden Market	Locally grown fresh produce, plants, preserves, cheese, bread and freshly made food from growers and artisans.	Free entry	Every Wednesday from 3:00pm-5:30pm	Nil	Nil
<b>The Fresh Market Warrnambool</b> (33-45 Pertobe Road Warrnambool, Victoria- beside mini golf)	The Fresh Market Warrnambool is a produce market showcasing the regions producers, creators and designers	A variety of fresh local fruit and vegetables, food stalls, locally made produce and more.	Free entry	1st and 3rd Sunday of the month year round at Lake Pertobe	Nil	Nil
<b>Archie Graham Community Centre</b> (118-130 Timor Street, Warrnambool)	Archie Fresh Produce Exchange	Fresh produce (fruits, vegies, flowers, seedlings, potted plants and cuttings)	Free – donate produce  Patrons advised to take only what you need	Every Wednesday between 11am-midday	Nil	Walk in – Archie Cafe

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## Community Food Education & Programs

Organisation	Service	Food Provided	Cost	Days and Times	Eligibility Criteria	Access/referral/delivery
<b>Everyday Foodies South West Healthcare</b> (Ryot St Warrnambool)	Everyday Foodies is a 2-3-hour workshop run by the South West Healthcare Health Promotion Team. Everyday Foodies provides information on population based healthy eating evidence, food insecurity and the social determinants to healthy eating. The workshop equips participants with knowledge and increased capacity to promote healthy eating and address food insecurity.	Nil	Free	Phone or email for enquiry	Nil	Phone 5563 4000 and ask for the Health Promotion Team or Email <a href="mailto:healthpromotion@swh.net.au">healthpromotion@swh.net.au</a> for more information
<b>EASY EATS</b> (Ryot St Warrnambool)	The Easy Eats recipe resources were created to support recipients of food hampers to create a quick, easy and healthy meals. The simple recipes utilise pantry staples	Nil	Free	Not applicable	Made to accompany food hampers/ relief	To access videos please use the below links: <a href="#">Easy Eats Recipes - Playlist</a>  For more information please phone 5563 4000 and ask for the Health Promotion Team or Email

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	and ingredients commonly found in food relief hampers. Users can follow the printed recipe card or YouTube video to help them create a meal.					healthpromotion@swh.net.au for more information
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