

Corangamite Community Food Guide

Updated: 23/04/2025

The Corangamite Community Food Guide was created to support Corangamite community members in accessing readily available food and fresh produce. Food insecurity has become an increasing concern with demand for emergency food relief on the rise. Food insecurity exists "whenever the availability of nutritionally adequate and safe foods or the ability to acquire acceptable food in socially acceptable ways is limited or uncertain".

If you, or anyone you know is experiencing hardship, this guide lists various services and agencies that can provide support with food vouchers, hampers and free meals.

This guide was developed by the South West Healthcare Health Promotion team and acknowledges the contributions of Corangamite Shire Council and Camperdown Community House.



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 – Camperdown Mental Health and Wellbeing Service on **1800 808 284**
- Headspace Warrnambool (12–25 year olds) on **1300 276 749**
- Headspace Colac (12–25 year olds) on **03 5232 5520**
- 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
Camperdown Uniting Church (41-43 Barkly Street, Camperdown)	Community meal	2 – course meal A range of hot and cold foods provided	Free	Wednesday's at 12:00pm during the school term	Nil	Walk in No referral required

Food Hampers and Vouchers

Organisation	Service	Food Provided	Cost	Days and times	Eligibility Criteria	Access/Referral/Delivery
Western District Food Share (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	Monday – Friday 8.30am – 11:30am for agency pick up	Nil	No walk ins Orders for hampers can only be placed via the Agency Hotline by organisations who are registered with Food Share. 0428 197 715
Corangamite Food Bank - Camperdown Community House (6 Gunner Street, Camperdown)	Food hampers Non-food essential items	Non-perishable foods (canned goods or packet goods) Fresh food can be ordered via Foodshare (subject to availability)	Free	Tuesday – Thursday 9:00am – 4:00pm Friday's 9:00am – 1:00pm for distribution partner pick up	Nil	No walk ins Orders for hampers can only be placed and picked up by organisations who are distribution partners. Call (03) 5593 1403 for more information.

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Corangamite Shire (181 Manifold Street, Camperdown)	Food hampers – nonperishables Supermarket vouchers (limited availability)	Food provided by Foodbank	Free	Monday – Friday 8:30am – 5:00pm	Nil	No walk ins Hampers and vouchers provided without criteria. Call (03) 5593 7100 for more information
Camperdown Uniting Church (41-43 Barkly Street, Camperdown)	Food hampers – nonperishables Woolworths or IGA vouchers	Food provided by Foodbank	Free	Phone for information on available days and times	Nil	Call (03) 5593 2323 to organise food relief
Camperdown Vinnies (156 Manifold Street, Camperdown)	Food hampers – nonperishables IGA vouchers	Food provided by Foodbank	Free	Tuesday and Friday 10:00am – 12:00pm	Nil	Call 0437 726 654 to organise an appointment for food relief
Camperdown Mental Health Services (64 Scott Street, Camperdown)	Food hampers – nonperishables	Food provided by Foodbank	Free	Monday – Friday 8:30am – 5:00pm	Nil	Call 1800 808 284 to organise a hamper Press Option 3 and then Option 4 for Camperdown

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Organisation	Service	Food Provided	Cost	Days and Times	Eligibility Criteria	Access/Referral/Delivery
Camperdown Community Health (140 Manifold Street, Camperdown)	Food hampers – nonperishables	Food provided by Foodbank	Free	Monday – Friday 8:30am – 4:30pm	Nil	Walk ins No referral needed Call (03) 5557 0900 for more information
Cobden Uniting Church Op Shop (50 Curdie Street, Cobden)	Food hampers – nonperishables Open pantry IGA Food vouchers	Food provided by donations, Op Shop and Foodbank	Free	Monday – Friday 10:00am – 3:00pm		Call 0475 699 483 and ask to book appointment with Helen for food hampers
St Vincent De Paul – Terang Mortlake Conference (2 Warrnambool Road, Terang)	Food hampers – nonperishables Non-food essential items Vouchers and gift cards	Food provided by Foodbank	Free	Phone for information on available days and times for delivery	Nil	Call 0459 047 620 to organise food hampers/ vouchers and delivery will be organised
Timboon and District Healthcare (21 Hospital Road, Timboon)	Food hampers – nonperishables	Food provided by Foodbank	Free	Monday – Thursday 8:30am – 5:00pm	Nil	Call (03) 5558 6000 to organise a food hamper Pick up or local delivery can be organised

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Simpson Community Centre (11 Jayarra Street, Simpson)	Food hampers – nonperishables Food cupboard	Food provided by Foodbank Non-perishable foods	Free	Tuesday – Thursday 9:00am – 5:00pm Friday's 9:00am – 12:00pm	Nil	Walk-ins welcome during open hours for food cupboard, contact community house to organise food hampers (03) 5594 3448
Lismore Community Health (102 High Street, Lismore)	Food hampers – nonperishables	Food provided by Foodbank	Free	Monday – Friday 9:00am – 4:30pm	Nil	Call (03) 5558 3000 to organise a food hamper
Derrinallum Op Shop (26 Main Street, Derrinallum)	Food hampers – nonperishables	Food provided by Foodbank	Free	Tuesday - Friday 10:00am - 4:30pm Saturdays 10:00am -12:00pm	Nil	Walk-ins welcome during open hours Access to shop available through front or rear entrance Alternatively call Robyn on 0407 641 412 to organise a food hamper

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Home Delivered Meals & Grocery Services

Organisation	Service	Food Provided	Cost	Days and Times	Eligibility Criteria	Access/Referral/Delivery
Meals at Home (Corangamite Shire) GENU	Pre-prepared meals delivered to the home	Meal 1 – main/soup/sweet/juice or fresh fruit	\$11.75	Monday – Friday Meals will be delivered on a Friday for the weekend	Commonwealth Home Support Program (CHSP) under the umbrella of My Aged Care. A specific referral code from My Aged Care will be required to access the service.	genU volunteer/staff leave the hospital around 11:00am for delivery and depending on where the client is on the run will depend on the delivery time. For enquiries regarding new or existing Meals at Home services please call the genU connect team 1300 558 368
		Meal 2 - main/soup/juice or fresh fruit	\$10.00			
		Meal 3 – main/sweet/juice or fresh fruit	\$11.00			
		Meal 4 – main/juice or fresh fruit	\$9.30			
Woolworths Supermarket - Camperdown	Home delivered groceries	Nil	Cost of delivery depends on grocery spend & location	Monday – Sunday Times vary	Nil	Delivery Order online through https://www.woolworths.com.au/ 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
Camperdown Community House (6 Gunner Street, Camperdown)	Winter Warmers	Soup and sandwiches	\$5	First Thursday of each month in June, July and August	Nil	For more information about any of these programs call (03) 5593 1403 https://camperdownch.com.au/
	Community Garden Hub	Communal herb garden and fresh produce (subject to availability)	Free	Available 24/7 in APEX Park	Nil	
	Swap and Share Stall	Fresh produce – Fruit, vegetables, cuttings, seeds, eggs,	Free	Located in Community Garden Hub	Nil	
	Grow Community Program	Weekly get together in community garden hub facilitated by Innerbloom; grow fresh food for our community together	Free	10:00am – 12:00pm on Tuesdays during schools terms	Nil	
	Food Rescue Market (in partnership with Camperdown Uniting Church)	Non-perishable food items	Free	Next market date pending confirmation	Take what you need and leave what you can	

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Food Pantries (Little Acorn, 135 High St, Terang and Milk & Honey, 41 Main St, Timboon)	Food Pantry (Little Acorn)	Food provided through donations	Free	Monday – Friday 9:00am – 4:00pm Saturday 8:30am – 12:30pm	Nil	Walk in
	Food Pantry (Milk & Honey)	Food provided through donations (fresh produce, herbs and canned foods)	Free	Pantry at Milk & Honey open 24/7	Nil	
Timboon Makers and Farmers Markets (Timboon Power Creek Green, Main Street, Timboon)	Market showing local produce and handmade products	Fresh produce (fruits, vegies, flowers, seedlings, potted plants and cuttings)	Varying costs	Future market dates to be confirmed	Nil	Contact Kylie – Timboon Action for more information 0417 211 234
Derrinallum Sunday Country Market (Under the Elms, Main Street of Derrinallum)	Community market	Range of stalls such as baked goods, food vans and Lions Club BBQ	Varying costs	Future market dates to be confirmed	Nil	For more information contact (03) 55976813 derridisc@bigpond.com
Camperdown Rotary Markets (Under the Elms, Manifold St, Camperdown)	Friday Food and Producers Markets	Range of food stall that sell produce, preserves, meals etc.	Varying costs	2 May, 16 May, 6 June & 20 June 12:00pm – 5:00pm	Nil	For further details contact Graeme Fischer 0439 135 766
	Sunday Markets	Fresh and hot food		First Sunday of every month		

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Skipton Market (Skipton Mechanics Hall, Anderson St, Skipton)	Community market	Local produce	Varying costs	Typically, every second Saturday of the month from 9:00am – 1:00pm	Nil	For more information call Jan Murphy on 0422 785 017
Terang All Saints Church Market (Cnr Thompson St and Bourkes Rd, Terang)	A range of market stalls and fresh produce are available	Fresh and local produce	Varying costs	On the first Saturday of the month in Spring, Summer and Autumn 9:00am – 1:00pm	Nil	For more information contact All Saints Anglican Church / Julie Pomeroy (03) 5592 1378 julie.pomeroy@hotmail.com

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Community Food Education & Programs

Organisation	Service	Food Provided	Cost	Days and Times	Eligibility Criteria	Access/referral/delivery
Everyday Foodies South West Healthcare (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 (03) 5563 4000 and ask for the Health Promotion team or email healthpromotion@swh.net.au for more information
EASY EATS	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 link or QR code on the next page Easy Eats Recipes - Playlist

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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.



For more information please phone (03) 5563 4000 and ask for the Health Promotion team or email healthpromotion@swh.net.au

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