

Food Cupboard continued

Church of New Life, Katoomba

Community Solutions: Wednesdays 12:30-1:00pm
Address: Bureau Park, Barton Street, North Katoomba

St Vincent de Paul (Vinnies) Op Shops

- * Katoomba
Address: 65-67 Waratah Street, Katoomba
Phone: 4782 2041
Open Mon-Thurs: 9:00-4:30, Fri 9:00-4:00, Sat 10:00-3:00
- * Springwood
Address: 272 Macquarie Road, Springwood
Phone: 4751 2271
Open Mon-Thurs: 9:00-4:20, Fri 9:00-4:00; Sat 9:00-4:00
- * Blaxland
Address: 132A Great Western Hwy, Blaxland
Phone: 4739 6990

School Breakfast Programs:

- * Lawson Public School, via Central BM Rotary - Fridays
- * Fusion Blue Mountains conducts Breakfast Clubs at:
 - . Springwood High School – Tuesday
 - . Winmalee High School - Wednesday
 - . Blaxland High School - Thursday

Growers'/Fresh Food Markets

Springwood Growers' Market – 4th Sunday of the month

Address: Blue Mountains Theatre and Community Hub
106 Macquarie Road, Springwood
<https://www.facebook.com/Springwood-Growers-Market-703643926408472/>

Blackheath Growers' Market – 2nd Sunday of the month

Address: Blackheath Community Hall, GWH, Blackheath
<https://www.blackcastleevents.com.au/>

Magpie Markets – 3rd Sunday of the month

Address: Lawson Public School
<https://www.facebook.com/magpiemarketlawson/>

Glenbrook Rotary Markets – 1st & 3rd Saturday of month

Address: Old Glenbrook Infants' School, Ross Street, Glenbrook
<https://www.facebook.com/glenbrookrotarymarkets>

Crop Swap BM

Crop Swap at Springwood Community Garden, every third Saturday of the month from 9.15 for a 9.30 start.

Fresh Organic Produce Delivered

Hartley Harvest - www.hartleyharvest.com.au/

Nourishing Mountains - <https://nourishing-mountains-inc.myshopify.com/>

Bulk Food Outlets

Blue Mountains Food Co-op, Katoomba

Phone: 4782 5890 Address: Ha'penny Lane, Katoomba
<http://bmfoodcoop.org.au/>

Lyttleton Stores Co-op, Lawson

Phone: 4759 3478 Address: 1 Badgery Crescent, Lawson
<http://www.lyttletonstores.com.au/>

The source bulk foods store, Katoomba

Shop 13, Town Centre Arcade, 81-83 Katoomba Street
<https://thesourcebulkfoods.com.au/>

Stephanie Alexander Kitchen Garden Program in Primary Schools & Early Childhood Education services:

<https://www.kitchengardenfoundation.org.au/kitchen-garden-schools/001A000000cny3rIAA/blackheath-public-school>

- * Blackheath Public School
- * Hazelbrook Public School
- * North Katoomba Public School
- * Lawson Public School
- * Leura Public School
- * Lizzards Pre-school



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Blue Mountains Community Interagency

Postal Address: PO Box 512 Lawson NSW 2783
Phone: 02 4759 3599
E-mail: manager@mcrn.org.au

Healthy eating in the Mountains - Fresh Food (& other supports)

Community Gardens

Blackheath Community Farm

<https://www.facebook.com/connectiontoplace/>
10am every Sunday
Address: 60 Thirroul Ave, Blackheath

Blue Mountains Organic Community Garden, Katoomba

<https://www.facebook.com/katoombacommunitygarden/>
Phone: 0410 262 930
Address: Harold Hodgson Park, 12 Victoria Street Katoomba

Mid-Mountains Community Garden

<https://www.facebook.com/Mid-Mountains-Community-Gardens-540530605967083/>
Volunteer session every Sat, 9:00-12:00
Address: 'Kihilla Retreat and Conference Centre' Queens Road, Lawson

Springwood Community Garden

<https://www.facebook.com/SpringwoodCommunityGarden/>
Working bees every Wednesday & Saturday mornings from 9.30am, with produce shared.
Address: St Thomas Aquinas/St Columba's High School, 168 Hawkesbury Road, Springwood

Permaculture

Blue Mountains Permaculture Institute

<http://www.bluemountainspermacultureinstitute.com.au/>

Permaculture Blue Mountains Meetup

<https://www.meetup.com/en-AU/Permaculture-Blue-Mountains-Meetup/>

BM Edible Garden Trail - every March

The Edible Garden Trail is a celebration of the myriad ways BM residents are creating food security, saving money and the environment, while enjoying health benefits of home-grown fruit & veg.
<https://www.ediblegardentrail.com/>

Slow Food BM

Slow Food builds networks between grower & eater, agriculture & market, community & world; and champions good, clean, fair & local food in ways that enhance knowledge, respect & passion.

Phone: 4782 7376
<https://www.slowfoodbluemountains.com.au>

'Food Cupboards'

Free **Fresh Food Program**, courtesy donations from Rotary, Vinnies, Woolworths & Coles/Second Bite (latter delivered by Winmalee Neighbourhood Centre)

Blackheath (BANC) – delivered on **Wednesdays**

- * frozen home cooked vegetarian meals available anytime
- * bread delivered on Monday and Wednesday (free)
- * non-perishable food such as pasta, rice, cereal, tinned foods available anytime (free)

Winmalee (WNC) – available weekdays

- * milk and other items are usually available to anyone who drops in (depending on fund raising money)
- * Winmalee Community Food Cupboard - subsidised food program Fridays 10.30-12.30pm. 10 items for \$10, or 15 for \$15 (this includes meat, frozen foods, pantry items, animal food etc.)
- * food parcels – pre-packed for gluten free/vegetarian/tea +pantry items/coffee + pantry items
- * Community Lunch every Monday – 2-course nutritious lunch, Springwood Baptist Church, gold coin donation
- * food vouchers - Coles/Woolworths
- * vouchers for Kmart-clothing
- * Community Garden at back of centre
- * Christmas hampers
- * also provide financial assistance with Telstra, water, electricity & gas bills

Thrive Family Services, Katoomba – delivered **Mon/Wed/Fri**

- * Emergency Relief cards supplied by Wesley Mission
- * food vouchers - Coles/Woolworths (WNC Outreach)
- * bread, fruit and vegetables delivered Mon, Wed & Fri (available throughout week) provided by WNC's Fresh Food program
- * limited non-perishable emergency food & toiletries
- * Christmas hampers
- * utilities assistance – water, electricity, gas and Telstra

Gateway Family Services, Blaxland East

- * Free food available, just drop-in – open Tues & Fri; & Thurs am
- * Emergency Relief cards supplied by Wesley Mission
- * food vouchers - Coles/Woolworths (WNC Outreach)
- * IGA Pantry items (packaged & processed food; bread & veg; non-perishables; personal hygiene)
- * EAPA vouchers for utility bills (call 02 4720 6500 for appointment)
- * Christmas hampers

Food Cupboard continued

ACRC Koori Playgroup, Katoomba – delivered Mondays

Pinaroo & Rainbow Playgroups – delivered Monday/Wednesday/Friday

Springwood (SNCC) – delivered **Thursdays**

- * also available Thursdays, bread from 'Bakehouse on Wentworth' and 'Bakery Patisserie Schwarz'
- * 'food cupboard' with non-perishables available every day emergency food relief available weekdays

Belong BM – c/- Rotary, non-perishable items available (delivered monthly)

Katoomba (KNC)

- * free Community Lunches on the 1st & 2nd Thursdays of month

Lawson (MMNC):

- * Vinnies have food vouchers available on Thursday 12:30- 3pm

Blaxland (LMNC)

- * food vouchers - Coles/Woolworths supplied by WNC Outreach Emergency Relief (by appointment)

The Glue Factory (young people 12-25)

'Refresh & Refuel' pack (dependent on donations)

- * Refresh: toiletries
- * Refuel: easy food items such as noodles, muesli bars, small long-life milk, tin of baked beans or spaghetti

Junction 142 - A joint initiative of Earth Recovery & Uniting Church

A 'hub' for people who are homeless or in need, comprising:

- * Soul Food & Blue Mountains Food Rescue provides prepared meals and serves/distributes to people in need (Community Lunches, Sunday 10:00-2:00 & Tuesday 10.30am-1pm; food parcels available from 1:30pm)
- * shower & laundry facilities (& eventually accommodation)
- * Village Markets (Fridays & Saturdays from 9:30am till late)
Phone: 0403 923 079
Address: 142 Katoomba Street, Katoomba
<https://www.facebook.com/142Junction/>

Springwood Baptist Church:

- * community lunches (gold coin donation)
- * every Monday from 11am-1.30pm
Address: 88 Copps Hill Road, Springwood

Ask Izzy: <https://askizzy.org.au/> 

Blue Mountains Food Services - includes:

Meals on Wheels (small charge); & Community lunches
www.bmfs.org.au Phone: 4759 2811

Blaxland: Tuesday 11:30 - 1:00 pm; Address: Sharon Burrige Hall, Lower Mountains Community Centre, Hope Street

Springwood: Tuesday & Thursday 11:30- 1:00 pm
The Hub, Macquarie Road

Lawson: Wednesday 11:30 – 1:00 pm; Grace Tooth Dining Room, Address: Mid-Mountains Community Centre, New Street

Katoomba: Monday, Wednesday, & Friday 11:30- 1:00 pm
Address: Civic Centre, Katoomba Street

Blackheath: Wed. 11:30 – 1:00 pm; monthly **multicultural lunch group** on the second Wednesday of each month
NDIS *Cook & Connect* program (including Ben Roberts Café - a social enterprise in Lawson for young people with a disability to gain skills in preparing & serving food, front-of-house, etc.)
Address: Community Centre, Bates Hall, GWH, Blackheath

CatholicCare Social Services

- * Drop-in centre, all free
- * fresh food at drop-in centre, every **Wednesday**
- * also dry goods & frozen meals (usually soup) anytime
- * financial counselling on Fridays and can help with bills
- * Vinnies provide food vouchers (& bill vouchers) every Thurs am
Address: Shop 3, 163 Macquarie Road, Springwood

Wentworth Falls Community Hub (Holy Trinity)

- * 8:30-11:30am Fridays during school term
- * mobile Community Pantry twice weekly **9:30-10:30am** - for \$10, fill a bag with \$60-70 groceries
- * drop-in café (barista coffee), op. shop, harvest workshops
Phone: 0421 600 395/0407 586 329
Address: 17 Armstrong St, just off Falls Road
<https://holyltrinityanglican.org.au/activities/community-hub/>

Anglicare, Katoomba (St Hilda's)

- * vouchers for food, rent, power; **Tues to Thurs 10 am to 1 pm**
Phone: 4782 9318
Address: **St Hilda's Reception, 68 Katoomba Street (at back of building)**
<https://www.sthildas.net/anglicare/>

Salvation Army, Katoomba

- * Emergency Relief Assessment Team: 1300 371 288
- * Moneycare financial counselling
- * Salvation Army Welfare Phone: 4782 9251 Wed & Fri 10-12:30
- * Breakfast Club - Mon & Fri 8-9am - for the homeless, socially isolated & those in need
- * Red Shield Family Store, Mon-Fri, 9:00-4:00; Ph: 4782 6683
Address: 37 Waratah Street Katoomba <https://www.salvationarmy.org.au/upperbluemountains/what-we-do/>