

WHAT'S HAPPENING AROUND FOOD IN THE BLUE MOUNTAINS?

BLUE MOUNTAINS FOOD SERVICES

Below is a list of meals and activities offered by Blue Mountains Food Services. These meals and activities are available to frail older people, people with disabilities and their carers, and people with special needs. If you are not sure if you fit into the above categories, call Blue Mountains Food Services on (02) 4757 2811 for more information.

Meals on Wheels

Meals are delivered daily and consist of 3 courses and juice for \$5.50. Deliveries can be made anywhere in the Blue Mountains local government area.

Frozen meals are delivered weekly and cost \$5.00- \$6.00 depending on choice of meals.

Village Restaurants

The Village Restaurants provide a three-course meal for \$6.00. Transport available, call Suzy on (02) 4757 2811.

Blaxland

Lower Mountains Neighbourhood Centre,
Hope Street
Tuesdays, 11:30am - 1:00pm.

Springwood

Civic Centre,
Macquarie Road
Tuesdays and Thursdays, 11:30am - 12:30pm.

Lawson

Mid-Mountains Neighbourhood Centre,
New Street
Wednesdays, 11:30am- 1:00pm.

Katoomba

Civic centre,
Katoomba Street
Mondays, Wednesdays, Thursdays and Fridays, 11:45am- 1:00pm.

Blackheath

Bates Hall,
Corner Gardiners Crescent and Great Western Highway
Wednesdays, 11:30am- 1:00pm.

BLUE MOUNTAINS: FREE and AFFORDABLE MEALS

Katoomba Civic Centre

87 Katoomba Street, Katoomba
Morning Tea- Minimal cost
Monday, Wednesday-Friday and occasional Saturdays
9:30am-12:00 noon
and
Lunch- \$5.00
Tuesday 11:45am- 12:45pm
Phone (02) 4782 1174

Katoomba Neighbourhood Centre

6 Station Street, Katoomba
Free lunch 1st and 3rd Thursdays of the month
(3rd Thursday is a vegetarian meal provided by Ananda Marga)
12:00 noon - 1:30 pm
Donations appreciated
Phone (02) 4782 1117

Salvation Army

33 Waratah Street, Katoomba (Next to Centrelink)
Free breakfast
Monday- Friday
7:30am- 8:30 am
Free lunch
Friday 11:30am- 12:30pm
Donations appreciated
Phone (02) 4782 5124

St Hilda's Anglican Church

Café Manna- affordable meal and entertainment
68 Katoomba Street, Katoomba
Occasional Friday nights 6:00pm
Phone (02) 4782 1608 or go to www.cafemanna.net for dates and information

Uniting Church

223 Katoomba Street, Katoomba (next to Telstra)
Open Hearth free lunch
Tuesday 11:30am- 1:00pm
Free dinner last Friday of the month
5:30pm-7:00pm
Phone (02) 4757 4394

FOOD PARCELS

Blackheath Area Neighbourhood Centre

265 Great Western Highway (Corner Gardiner Crescent)
Blackheath
Phone (02) 4782 1555

Blue Mountains Family Support Service

10 Station Street, Katoomba
Monday, Tuesday 9:30am- 4:00pm
Thursday 10:30am-4:00pm
Phone (02) 4782 1555

Katoomba Neighbourhood Centre

6 Station Street, Katoomba
Wednesday- free bread available
Phone (02) 4782 1117

Lower Mountains Family Support Service

70 Old Bathurst Road, Blaxland
Tuesday, Thursday and Friday
9:00am- 12:30pm & 1:30pm – 4:00pm
Phone (02) 4739 5963

Salvation Army

33-35 Waratah Street, Katoomba
Monday and Friday 10:00am-1:00pm
Phone (02) 4782 5155

St Vincent de Paul

65 Waratah Street, Katoomba
Monday-Friday 9:30am-12:30pm
Phone (02) 4782 5155
And
272 Macquarie Road, Springwood
Tuesday 1:30pm- 3:00pm
Phone (02) 4751 2271

PENRITH: FREE and AFFORDABLE MEALS

Penrith Community Kitchen

Shops 9/10, Calokerinos Acde, 488-490 High Street, Penrith

Postal address: PO Box 516, Penrith 2751

Phone (02) 4721 1444

Provides free lunch time meals to homeless young people and adults, low income earners and those in need

Donations appreciated

Office hours: 11:30am to 1:30pm, Monday to Friday

The Salvation Army Penrith

Community Services Centre

18 Lawson Street, Penrith

Phone (02) 4721 2725

Provides meal parcels and food vouchers

Office Hours: 9.30am to 12:00 noon, Tuesday, Wednesday and Friday

Penrith Care (West Care)

Suite 114, 114 – 116 Henry Street, Penrith

Postal Address: PO BOX 737, Kingswood 2747

Phone (02) 4731 3275

Emergency food relief for singles and families in financial distress. Aid includes food parcels

Office Hours: 10:00am – 2:00pm, Monday, Wednesday, Thursday and Friday

St. Vincent de Paul

74 Cox Avenue, Kingswood 2747

Phone (02) 4731 5900

Provides food parcels and vouchers

Office hours: 9:00am – 4:00 pm, Monday to Friday, 9:00am – 12:00 noon Saturday

Barnardos Penrith Children's Family Centre

Hosking Street, Cranebrook

Postal Address: PO Box 79, Cranebrook, 2749

Phone (02) 4729 1211

Emergency food provided

Hillsong Emerge Centre-St Marys

Shop 6/40 Phillip street, St Marys

Postal Address: PO Box 589, St Marys, 1790

Phone (02) 9673 2366

Emergency food parcels

Office hours: 10:00am – 2:00pm Tuesday, Thursday, Friday

Nepean Food Services

6 Jeanette Street, Regentville

Phone (02) 4733 7200

Hot or ready to heat daily meal is delivered at low cost to the frail aged, people with disabilities and those who are temporarily unable to cook for themselves.

Office hours: 8:30am – 3:30pm, Monday to Friday

Cranebrook Development Project

Housing Community Assistance Program

1 Progress Way, Cranebrook

Phone (02) 4730 1242

Provides emergency food

Office Hours: 9.00am – 4.30pm Monday to Thursday, 9:00 am – 1:00 Friday

GROWERS MARKETS

Blackheath Grower Market

Blackheath Community Centre, Great Western Highway

Runs on the 2nd Sunday of the month, 9:00am- 1:00pm

Phone (02) 4572 6260

OTHER USEFUL SERVICES

Blue Mountains Organic Community Garden

Would you like to grow and eat your own food? All are welcome to volunteer to be part of the Katoomba Community Garden.

Victoria Street, North Katoomba

Working bees are held every Friday morning 10:30am – 3:00pm

For more information call Supapon on 4782 9019

The following web page contains a register of farmer's markets, community gardens and food co-operatives around Australia

<http://www.communityfoods.org.au/>

This page contains a register of locally grown and made produce.

Go to Slow Food link and click on "Cittaslow Register"

www.katoombachamber.com