

BITE BY BITE

VicWISE Changing Lives



SUPPORTED BY:



ISKCON

1. ISKCON (Hare Krishna temple, Albert Park)
2. Crossways restaurant
3. South Melbourne market
4. Wyndham Hare Krishna



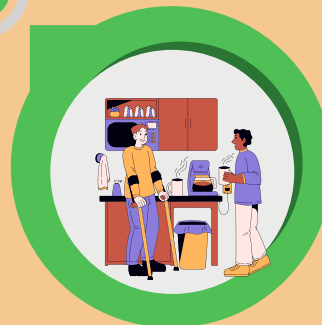
GURUDWARA

1. Sri Guru Nanak satsang sabha, Blackburn
2. Gurudwara sahib, Tarneit
3. Sikh temple, Hoppers Crossing
4. Sri Guru Singh Sabha Melbourne, Craigieburn
5. Gurudwara Sri Guru Granth Sahib ji, Keysborough



KHALSA AID FOOD VANS

1. Rosebud
2. Hastings
3. Frankston
4. Noble Park
5. Melbourne



EMPOWER AUSTRALIA

1. City
2. North east
3. East
4. South east
5. Geelong



REST OF THE GURUDWARAS IN THE SUBURBS

1. Pakenham
2. Mildura
3. Charlemont
4. Orrvale
5. Deanside



Food Pantry

FREE FOOD



EMPOWER AUSTRALIA



SUPPORTED BY:



CITY



- Address: 412 City Road, Southbank VIC 3006.
- Sundays: 9:30AM - 1:00PM



NORTH EAST

- Address: 360 Main Road, Lower Plenty VIC 3094.
- Sundays: 9:00AM - 10:00AM



EAST

- Address: 251 Maroondah Hwy, Ringwood VIC 3134.
- Sundays: 8:30AM - 9:30AM

FOOD!!!

SOUTH EAST

- Address: Hillcrest Christian College, Gate 4/500 Soliders Road, Clyde North VIC 3978.
- Sundays: 9:00AM - 10:30AM



WYNDHAM HARE KRISHNA

- Address: Rear of 147, Marshalltown Road, Grovedale VIC 3216.
- Sundays: 9:00AM - 11:00AM



ISKCON



SUPPORTED BY:



Below are the ISKCON temples along with the address, days and timings; where you can find emergency food.



ISKCON (HARE KRISHNA TEMPLE)

- Address: 197 Danks St, Albert Park VIC 3206
- Breakfast: 9:00AM
- Lunch: 1:00PM
- Dinner: 5:30PM



WYNDHAM HARE KRISHNA

- Address: Unit 11/20-30 Wallace Ave, Point Cook VIC 3030.
- Weekly Saturday Morning program starting at 7:30AM



SOUTH MELBOURNE

- Address: Corner of Cecil and Coventry St, South Melbourne.
- Free meal distribution - 5:00PM EVERY SUNDAY



CROSSWAYS RESTAURANTS

- Address: 147 Swanston St, Melbourne VIC 3000.
- Price: \$7
- Open Monday to Saturday (From 11:30AM - 8:00PM)



GURUDWARAS



SUPPORTED BY:



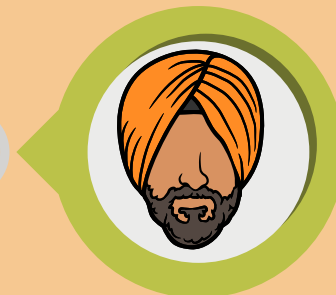
SIKH TEMPLE HOPPERS CROSSING

- Address: 417 Sayers Road, Hoppers Crossing, VIC 3029



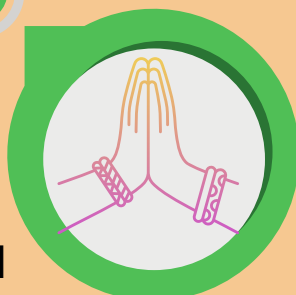
SRI GURU NANAK SATSANG SABHA BLACKBURN

- Address: 127 white horse road, Blackburn



SRI GURU SINGH SABHA MELBOURNE, CRAGIEBURN

- Address: 344 Hume Hwy, Cragieburn, VIC 3064
- Phone: (03) 9305 6511



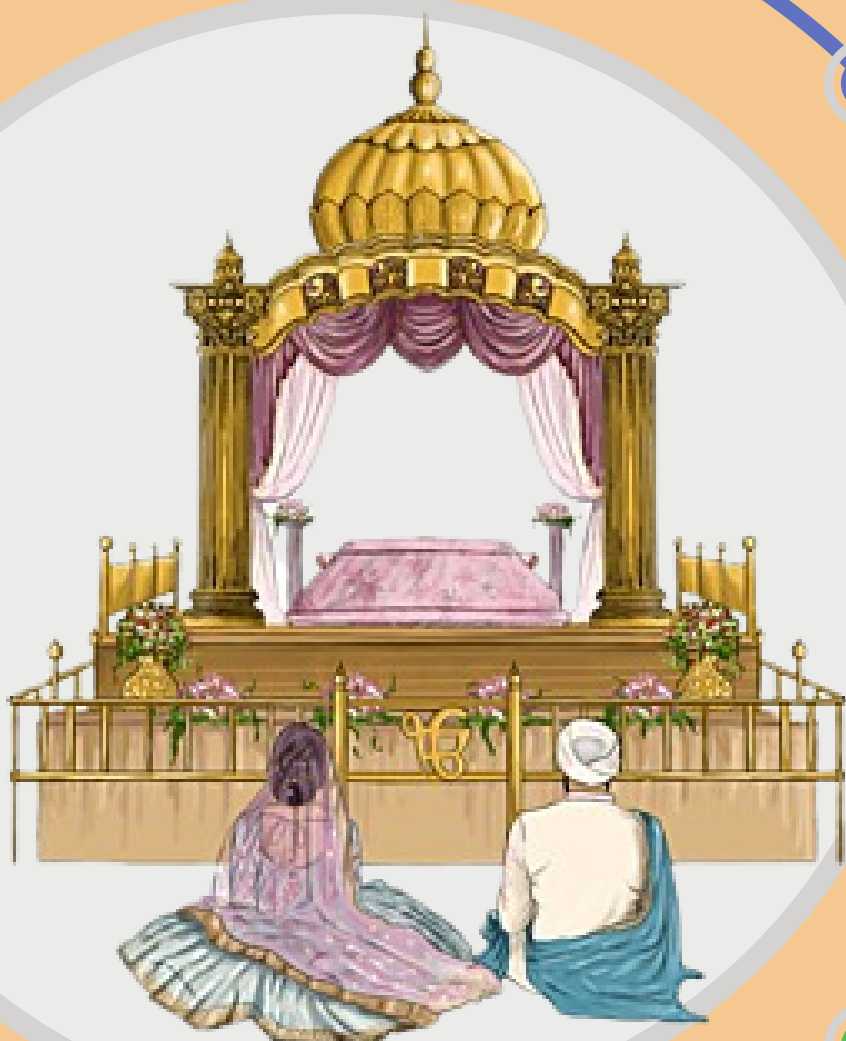
GURUDWARA SAHIB TARNEIT

- Address: 560 Davis Road, Tarneit, VIC
- Telephone: (03) 8015 4707



GURUDWARA SRI GURU GRANTH SAHIB

- Address: 200 Perry road, Keysborough VIC
- Telephone: (03) 97981313



KHALSA AID FOOD VANS



SUPPORTED BY:



ROSEBUD, VIC



- Every Tuesdays 1:00 to 2:00PM
- Rosebud Memorial Hall Parking lot.

MELBOURNE, VIC



- Every Sundays, 5:30 to 6:30PM
- In front of Church and Torrens University



FRANKSTON, VIC

- Every Wednesdays and Saturdays, 6:30 to 7:00PM
- Frankston Young Street Car

NOBLE PARK



- Every Wednesdays, 6:00 to 7:00PM
- Car Park behind Coles, Noble Park

HASTINGS, VIC



- Every Sundays 12:30 to 1:30PM
- Fred Smith Reserve Car Park Hastings





MERRI - BEK COUNCIL



SUPPORTED BY:



1. COMMUNITY INFORMATION AND SUPPORT

- Address: 512 Sydney Road, Brunswick VIC 3056
- Monday to Thursday - 9:30Am to 1:30PM
- Contact: 93503737



2. SALVATION ARMY ASYLUM SEEKER AND REFUGEE SERVICE

- Address: 12 Tinning St, Brunswick VIC 3056
- On Monday, Wednesday and Friday - 9:30AM TO 2:30PM
- Contact: (03) 93848333 / (03) 93834133



3. MUSLIM WOMEN'S COUNCIL OF VICTORIA

- Address: 220 Moreland Road, Brunswick VIC 3056
- Tuesday, Friday, 9:00 AM - 5:00 PM
- 0483 881 899 / 0478 897 720



4. MERRI OUTREACH SUPPORT SERVICE

- Address: 351 Barkly Street, Brunswick VIC 3056
- Friday, 8:00 AM - 9:30 AM
- Contact: (03) 9380 6036 / (03) 9381 1435



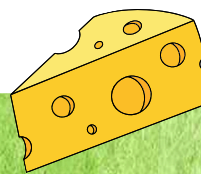
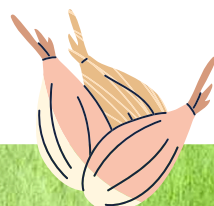
5. CATALYST SOCIAL CENTRE

- Address: 146 Sydney Road, Coburg VIC 3058
- Wednesday, 11:00 AM - 3:00 PM
- Contact: bookings@catalystcentre.net



6. REYNARD STREET NEIGHBOURHOOD HOUSE

- Address: 104A Reynard Street, Coburg VIC 3058
- Open 24/7
- Contact: admin@rsnh.org.au





WYNDHAM COUNCIL



SUPPORTED BY:



1. UNITING WYNDHAM

- Address: 1 Duncans Rd, Werribee VIC 3030
- Monday-Friday, 10:00 AM -2:00 PM
- Contact: 03 9051 2000 or SMS: 0468 605015



2. SALVATION ARMY

- Address: 211 Watton St, Werribee VIC 3030
- Monday-Thursday, 9:30 AM - 2:00PM
- Contact: 03 9731 1344



3. WERRIBEE BAPTIST CHURCH

- Address: 225 Heaths Road, Werribee VIC 3030
- Open during operating hours
- Contact: 03 9749 3166



4. WYNLIFE / FOODBANK MANOR LAKES

- Address: 86-100 Manor Lakes, Blvd, Wyndham Vale VIC 3030
- Wednesday, 12:00 PM - 1:30PM
- Contact: 8734 8934



5. POINT COOK FOODBANK

- Address: 7 Adelphi Boulevard, Point Cook VIC 3030
- Sundays (during Victorian School term), 1:00 PM -2:00 PM
- Contact: foodpantry@crossculturepointcook.au



6. TARNEIT FOOD BANK

- Address: 83 Penrose Promenade, Tarneit VIC 3030
- Tuesday, 10:30 AM - 12:00PM
- Contact: 03 8734 4500



7. WYNDHAM YOUTH SERVICES FOODBANK

- Address: 86 Derrimut Rd, Hoppers Crossing VIC 3029
- Open during operating hours
- Contact: 03 8734 1355



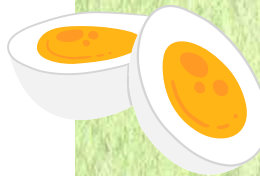
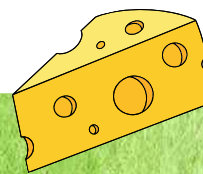
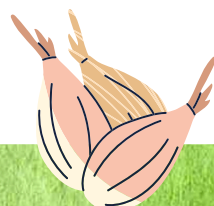
8. SIKH COMMUNITY OF WESTERN VICTORIA

- Address: 560 Davis Road, Tarneit VIC 3029
- Monday-Sunday, 10:00 AM-8:00PM
- Contact: Gurpreet Singh-0422025217



9. THE BIRD CAGE COMMUNITY STORE

- Address: 55/57 Kookaburra, Avenue, Werribee VIC 3030
- Thursday, 9:30 AM - 12:00PM
- Contact: 03 8742 3975





CITY OF MONASH



SUPPORTED BY:



1. SOCIETY OF ST VINCENT DE PAUL CENTRE

- Address: 386 Warrigal Road, Ashburton VIC 3147
- Monday-Friday, 9:00 AM -1:00 PM
- Contact: 1800 305 330

2. COATESVILLE COMMUNITY CARE

- Address: 1050 North Road, Bentleigh, East VIC 3165
- Friday, 10:00 AM - 12:00 PM
- Contact: (03) 9570 3912

3. NOTTING HILL NEIGHBOURHOOD HOUSE

- Address: 37 Westerfield Drive, Notting, Hill VIC 3168
- Monday-Friday, 10:00 AM -3:00 PM
- Contact: (03) 9561 0114

4. MONASH/WAVERLEY COMMUNITY INFO & SUPPORT

- Address: 47 Miller Crescent, Mount Waverley VIC 3149
- Monday-Friday, 10:00 AM -1:00 PM
- Contact: (03) 9807 9844

5. DIXON HOUSE NEIGHBOURHOOD CENTRE

- Address: 2 Dixon Street, Clayton VIC 3168
- Wednesday, 10:00 AM -12:00PM
- Contact: (03) 9543 8911

6. ANGLICARE VICTORIA EMERGENCY RELIEF

- Address: 2 Dixon Street, Clayton VIC 3168
- Wednesday-Thursday, 10:00AM - 3:00 PM
- Contact: (03) 9543 8911

MARIBYRNONG CITY COUNCIL



SUPPORTED BY:



1. CATHOLIC CARE

- Address: 3 Wingfield Street, Footscray VIC
- Monday - Friday, 9:30a-11:30am
- Contact: 9287-5512

2. SALVATION ARMY, SUNSHINE

- Contact for Address
- Monday, Tuesday, Thursday and Friday, from 9:00AM
- Contact: 9313 4300 (option 2 for doorways program)

3. SALVATION ARMY CHURCH, SUNSHINE

- Address: 42 Devonshire Rd, Sunshine VIC
- Wednesday and Thursday: 10am-3:30pm; Friday: 10am - 7pm
- Contact: 9364 9335

4. UNITING EMERGENCY RELIEF, FOOTSCRAY

- Address: 310 Barkly Street, Footscray VIC
- Wednesday - Friday, 9:30am -12pm and 1pm - 3pm
- Conatct: 9689 3515

5. ASYLUM SEEKER RESOURCE CENTRE FOODBANK

- Address: 214-218 Nicholson Street, Footscray VIC
- Monday - Friday, 10am - 5pm
- Contact: 9326 6066



CITY OF MAROONDAH



SUPPORTED BY:

STUDY MELBOURNE



1. MAROONDAH COMMUNITY ASSIST - CROYDON

- Address: 214 Mt Dandenong Rd, Croydon VIC 3136
- Tuesday-Friday, 9:30 AM - 1:00PM
- Contact: 9725-7920



2. NORTH RINGWOOD CARE

- Address: 14 Dickson Cres, North Ringwood VIC 3134
- Monday-Friday, 10:00 AM -1:00 PM
- Contact: 9876 5625



3. ST. VINCENT DE PAUL HOME VISITATION

- Address: Home visiting service
- Tuesday-Friday, contact for details
- Contact: 1800 305 330



4. SALVATION ARMY - RINGWOOD DOORWAYS

- Address: 49 - 53 Wantirna Rd, Ringwood VIC 3134
- Monday, Wednesday, Friday, 10:00 AM - 4:00 PM
- Contact: 8873 5288



5. EASTERN FOOD RESCUE

- Address: 49 - 53 Wantirna Rd, Ringwood VIC 3134
- Monday-Sunday, 11:30 AM onwards
- Contact: Eastern Food Rescue Facebook



6. THE FREEDOM INITIATIVE

- Address: 1/26 Lacey Street, Croydon VIC 3136
- Thursday, 9:30 AM - 12:00 PM
- Contact: 1800 865 299



7. HELPING HAND - CROYDON UNITING CHURCH

- Address: 5a Mount View St, Croydon VIC 3136
- Monday-Friday, 9:30 AM -11:45 AM
- Contact: 9725 1115



8. TRUTH AND LIBERATION (TLC)

- Address: 265 Canterbury Rd, Bayswater North VIC 3153
- Monday, Tuesday, 1:00 PM -3:00PM
- Contact: 9729 6555



9. UNITING - VICTORIA HOMELESSNESS ENTRY POINT

- Address: 291A Maroondah Highway, Ringwood VIC 3134
- Monday-Friday, contact for details
- Contact: 8870 4020



10. EMPOWER CHURCH - PLANET SHAKERS

- Address: 251 Maroondah Highway, Ringwood VIC 3134
- Sunday, 10:00 AM - 11:00 AM
- Contact: 1300 883 321



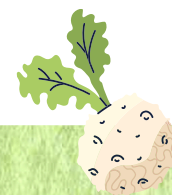
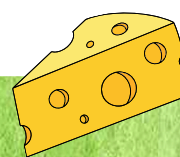
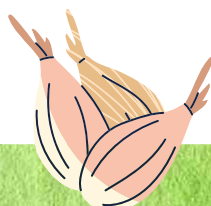
11. ST. PAUL & MULLUM MULLUM ANGLICAN CHURCH

- Address: 40 Warrandyte Rd, Ringwood VIC 3134
- Tuesday, 9:00 AM - 1:00 PM
- Contact: 9870 2093



12. MULLUM MULLUM INDIGENOUS GATHERING PLACE

- Address: 3 Croydon Way, Croydon VIC 3136
- Wednesday, 11:00 AM - 4:00PM
- Contact: 9725 2166





BRIMBANK COUNCIL



SUPPORTED BY:
STUDY MELBOURNE



1. ANGLICARE EMERGENCY RELIEF - ST ALBANS

- Address: Corner Alexina St and East Esplanade, St Albans VIC
- 1st and 3rd Monday of the month,
- 9:30am-12:30pm
- Contact: 1800 809 722



2. ANGLICARE EMERGENCY RELIEF - SUNSHINE

- Address: 100 Anderson Rd, Sunshine VIC
- Monday and Thursdays, 10am-1pm
- Contact: 0427 812 517



3. ANGLICARE EMERGENCY RELIEF - SYDENHAM

- Address: Corner Kings Rd & Bellbird Ave, Taylors Lakes VIC
- Wednesdays, 10am-1pm
- Contact: 0438 589 630



4. DUKE STREET COMMUNITY HOUSE FOOD RELIEF PROGRAM

- Address: 67 Ashley St, Braybrook VIC
- Wednesday, 1pm-2:30pm
- Contact: 03 9311 9973



5. HELPING HANDS MISSION INC.

- Address: 85 Hampshire Rd, Sunshine VIC
- Monday-Friday, 10am-3pm (by appointment only)
- Contact: 1300 892 010



6. KOROROIT CREEK NEIGHBOURHOOD HOUSE

- Address: 61A Selwyn St, Sunshine VIC Community Pantry: every 2nd Monday, 1pm-2pm
- Contact: 0408 797 776 or 0413 434 082



7. LOAVES AND FISHES

- Address: 1A Oleander Drive, St Albans VIC
- Fridays, 10.30am-2pm
- Contact: 03 9366 1310



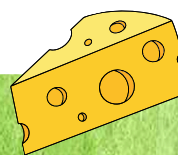
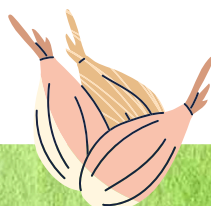
8. NORTHPOINT CENTRE (FOOD RELIEF CENTRE)

- Address: 3 Trade Park Dr, Tullamarine VIC
- Monday-Thursday, 9am-4pm;
- Friday, 9am-1pm
- Contacts: 03 9338 1898



9. ST ALBANS COMMUNITY CAFÉ

- Address: 3 West Esplanade, St. Albans VIC
- Every second Saturday, 1.30-3.30pm
- Contacts: 0460 966 585





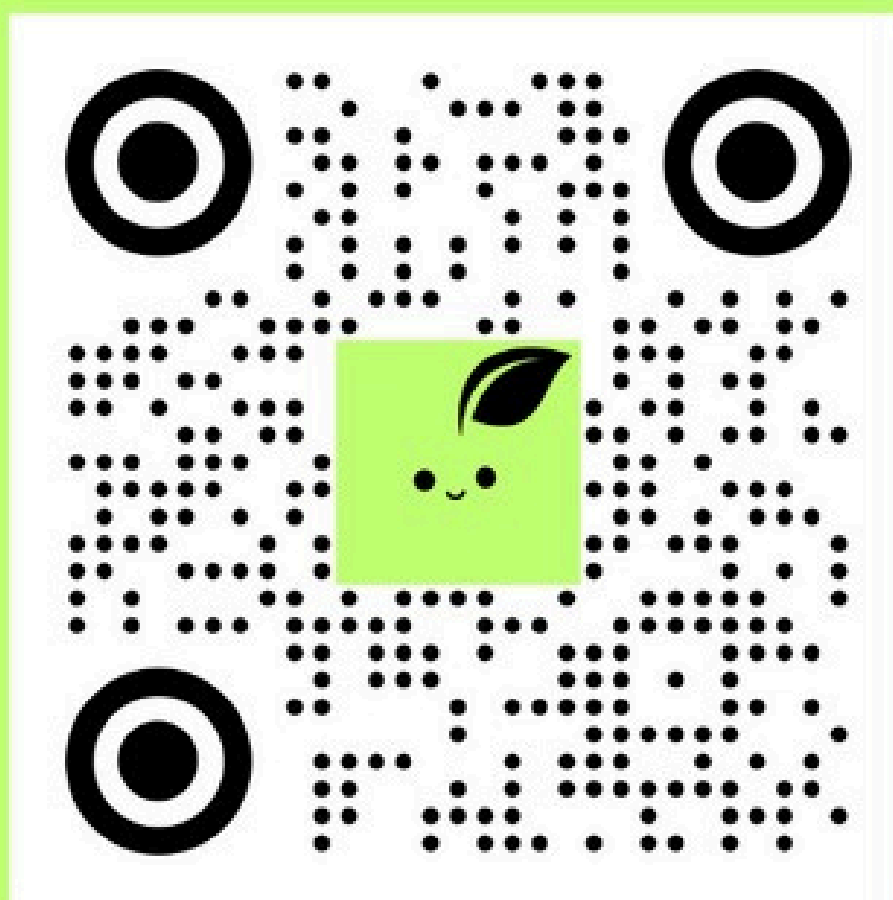
SUPER SAVERS



SUPPORTED BY:



THE GOD AT SAVINGS



Save Heaps on Groceries at Coles,
Woolworths and IGA
<https://supersavers.au>





RMIT UNIVERSITY



SUPPORTED BY:



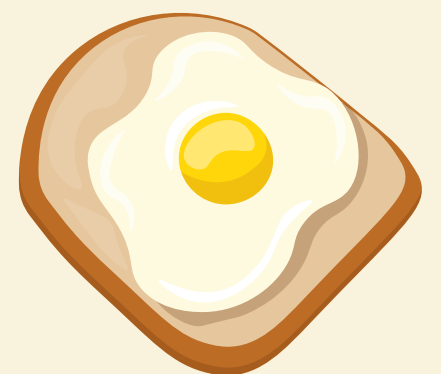
CHILL N GRILL

- **Brunswick Campus: Tuesdays, Building 514 Courtyard, 12:00pm– 2:00pm**
- **Bundoora West Campus: Wednesdays, Building 204 Courtyard, 12:00pm – 2:00pm**
- **Bundoora East Campus: Thursdays, Building 254 (fortnightly, starting 28th March), 12:00pm –2:00pm**
- **City Campus: Thursdays, Alumni Courtyard 12:00pm -2:00pm**



FREE BREAKFAST

- **City Campus: Wednesdays, Building 5 Entrance, 9:30am –11:00am (or until food runs out)**
- **Carlton Campus: Wednesdays, O’Grady Place, 9:30am 11:00am (or until food runs out)**
- **Brunswick Campus: Wednesdays, Building 514, 9:30am –11:00am (or until food runs out)**
- **Bundoora West Campus: Thursdays, Building 202 Courtyard, 9:30am – 11:00am (or until food runs out)**





LA TROBE UNIVERSITY



SUPPORTED BY:



FEEDING LA TROBE

- Melbourne (Bundoora) Campus:
- Feeding La Trobe is a student-run club initiative in mini-type supermarket style located in Rm 113 The Agora, just around the corner from the Post Office on campus.
- Opening hours will usually be 10 am -12 pm Monday to Thursday.
- Check “Feeding La Trobe Facebook” for updated details.



BENDIGO CAMPUS

- Campus: Pantry staples will be available for students next to the La Trobe Student Association (LTSA) reception.

ALBURY WODONGA

- Pantry items will be available in the student common room and food vouchers from LTSA.

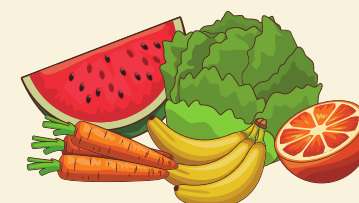


SHEPPARTON:

- Pantry items will be available from Food Share at a location on the Shepperton Campus to be determined.

CITY

- City: Pantry items will be available shortly from Foodbank at regular intervals.





DEAKIN UNIVERSITY

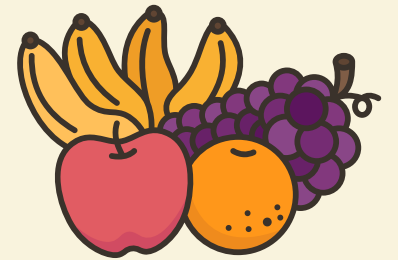


SUPPORTED BY:



DUSA

- The DUSA Food Pantry will run in Weeks 4, 6, 8 and 10 from 11am at specified locations on each campus (until supplies run out).
- Make sure you keep an eye on the DUSA What's On webpage as the Food Pantry will be offered on different days across each campus during these weeks..

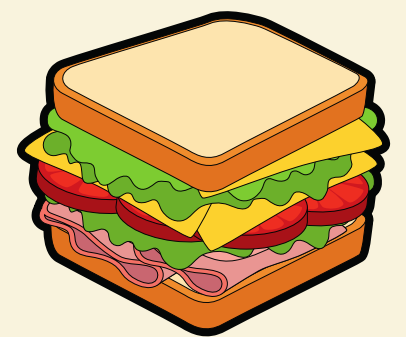


BURWOOD (SPONSORED BY FOOD BANK)

- Date: Wednesday 17 April
- Time: 11am until we run out of supplies
- Location: Morgans Walk.
- Registration link: <https://events.humanitix.com/dusa-food-pantry-burwood-week-6>

WAURN PONDS

- Date: Wednesday 17 April
- Time: 11am until we run out of supplies
- Location: DUSA student Lounge
- Registration link: <https://events.humanitix.com/dusa-food-pantry-waurn-ponds-week-6>



WATERFRONT

- Date: Wednesday 17 April
 - Time: 11am until we run out of supplies
 - Location: DUSA student Lounge
 - Registration link: <https://events.humanitix.com/dusa-food-pantry-waterfront-week-6>
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UNIVERSITY OF MELBOURNE



SUPPORTED BY:



WELFARE BREAKIE UNIMELB STUDENTS UNION

- Provides free breakfast: every Monday, Wednesday, and Friday,
- Throughout the semester



WELFARE BRUNCH, UNIMELB STUDENTS UNION

- Free brunch: on Tuesdays and Wednesdays
BUILDING 168

BREAKFAST CLUB GSA

- Free breakfast on campus, Every Tuesday and Thursday, Building 1888,
- Students have to register.



BREAD BIN

- Provides non-perishable Food items and hygiene products for all students according to their needs.
-



MONASH UNIVERSITY



SUPPORTED BY:



MSA FRESH FOOD HANDOUT

- Day: Thursdays in Weeks 2, 4, 6, 8, & 10
- Time: 12:00 pm until stock lasts
- Location: Northern Plaza
- Wet Weather Location: Airport Lounge



MSA FOOD WELFARE FRIDGE

- Frequency: Twice weekly
- Location: Level 1 of the Campus Centre, across from Wholefoods and SURLY

MSA BREAKFAST CLUB

- Day: Wednesday mornings
- Time: 9:00 am - 10:30 am
- Frequency: Weekly during semester



FREE FOOD MONDAYS:

- Day: Mondays during semester
- Time: 6:00 pm onwards
- Location: Wholefoods

WELFARE ON WHEELS:

- Frequency: During assessment time
- Location: Monash Clayton libraries

