

COMMUNITY FOOD GUIDE 2022

SUPPORTING PEOPLE IN THE
CITY OF MELBOURNE TO ACCESS
AND GROW AFFORDABLE,
HEALTHY AND CULTURALLY
APPROPRIATE FOOD





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INTRODUCTION

Everyone in our community has the right to access nutritious, affordable, safe and culturally appropriate food to support their health and wellbeing. However, many people within the City of Melbourne face daily challenges accessing food, with one in three residents experiencing food insecurity in 2021 (City of Melbourne Community Indicators Survey, 2021).

This guide has been created to provide information on community food programs, services and resources within the City of Melbourne and surrounding suburbs across the following categories:

1. Community meals, including free and low cost meals.
2. Food banks, parcels, pantries and vouchers.
3. Fresh food and groceries, including markets, co-ops, food delivery and shopping support.
4. Community food gardens.
5. Food education, including cooking and nutrition classes.

City of Melbourne has divided the guide into these five sections to help you easily find the information you need. You can also access and download a copy of this guide via [Community Food Guide - City of Melbourne](#).

An interactive community food map has been created to support service providers and community members to access information online about community food programs, services and resources nearby their location. You can access the map via [Community Food Guide - City of Melbourne](#).

Acknowledgement of Traditional Owners

The City of Melbourne respectfully acknowledges the Traditional Owners of the land we govern, the Wurundjeri Woi Wurrung and Bunurong Boon Wurrung peoples of the Eastern Kulin and pays respect to their Elders past, present and emerging.

We acknowledge and honour the unbroken spiritual, cultural and political connection the Wurundjeri, Bunurong,

Dja Dja Wurrung, Taungurung and Wadawurrung peoples of the Eastern Kulin have to this unique place for more than 2000 generations.

We are committed to our reconciliation journey, because at its heart, reconciliation is about strengthening relationships between Aboriginal and non-Aboriginal peoples, for the benefit of all Victorians.

The Impact of COVID-19 on Services

COVID-19 has impacted the way our food relief providers provide food relief services to our community.

Many have pivoted their onsite community meal programs to takeaway or food parcel pick up services as well as providing home delivery. Food relief providers continue to assess their community's preferences, their staff or volunteer capability and capacity to respond to the changing nature of food access need.

The guide has captured the current program approach of the providers listed however City of Melbourne encourages users of this resource to call the service to understand any adjustments to how services are being delivered.

Updating the guide: tell us about programs missing using the online form

If you'd like to suggest an inclusion or update to a program or service listed in this guide, visit [Community Food Guide](#) and use the online form. We will update the online map and the Community Food Guide regularly as we receive information provided by our community and stakeholders.

Food safety and how you can provide free food in the City of Melbourne

If you offer a program or service that donates or provides free food to the community, you must contact City of Melbourne's Health and Wellbeing branch on (03) 9658 9658 to discuss your food safety requirements with one of our Environmental Health Officers.

Disclaimer

The information contained in the Community Food Guide is correct at the time of publication (July 2022).

Please bear in mind some information will have changed at the time of reading and it's important that you confirm the information in this guide with the agencies directly.

Programs and services listed in this guide are not endorsed or affiliated by the City of Melbourne (with the exception of council-run or contracted services) and are subject to change at any time.

COMMUNITY AND TAKEAWAY MEALS

These services provide free, low cost or subsidised meals to members of the community, often within a social setting to engage community and allow for a welcoming environment and warm conversation.



City of Melbourne's community meals subsidy

The City of Melbourne provides community meal subsidies to eligible not-for-profit organisations that support older people to meet, take part in activities and share a meal on a regular basis. Getting together to share a meal contributes to wellbeing, friendships and builds stronger communities. A meal subsidy of \$5.00 per person is available to not-for-profit organisations supporting people over the age of 55 based on the average number of participants at a usual group meeting to a maximum of 175 participants. The subsidy can be used for a maximum number of 12 meal sessions to be held during the year or alternatively can be used flexibly for members who because of COVID-19 are not able to attend face to face meal sessions at any time during the year. There are currently over 40 diverse community groups providing regular meals and other activities to older people in the City of Melbourne.

For general enquiries and assistance please contact Healthy Ageing on 9658 9507 on Mondays and Tuesdays during office hours or email healthyageing@melbourne.vic.gov.au

Delivered Meals

Older people who are experiencing difficulties with preparing their meals, may be eligible to access a delivered meals service and will require an assessment to discuss their needs and eligibility. Prepared meals are delivered across the City of Melbourne municipality to people in their homes at lunch time, Monday to Friday, and you need to be at home to receive the meal. There is a co-payment for the meals. For people over 65, access to this service is via My Aged Care. Residents can call My Aged Care on 1800 200 422. For people under 65, need and eligibility for service is assessed by Mecwacare who can be contacted on 1800 163 292.



COMMUNITY AND TAKEAWAY MEALS

Meal Type Legend: **Vegetarian** **Vegan** **Gluten Free** **Halal**

	MELBOURNE	MELBOURNE	MELBOURNE	MELBOURNE
WHO & WHERE	<p>From Us 2 You 20 Rebecca Walk, Melbourne, 3000 Batman Park just down from Blue Tongue Bike Tours outdoors. From us 2 You Facebook</p>	<p>Hare Krishna Food For Life Melbourne Crossways 147 Swanston Street Melbourne, 3000 9650 2939 crosswaysfoodforlife@gmail.com crosswaysfoodforlife.com.au/about-us</p>	<p>Salvation Army Lighthouse Cafe 69 Bourke Street, Melbourne, 3000 9653 3299 or 1800 266 686 salvationarmy.org.au</p>	<p>The Humble Mission 5 Norval Place, Melbourne, 3000 Direct message @ thehumblemission on Instagram or Facebook @thehumblemission thehumblemission@hotmail.com thehumblemission.com</p>
WHAT	<p>Community meal Cooked meals and groceries available.</p>	<p>Community meal Restaurant offering vegetarian, vegan-friendly and wheat-free mains. Halava desserts are vegetarian and made of fruits and semolina.</p>	<p>Community meal Providing free breakfast, lunch and dinner alongside support to people from all walks of life.</p>	<p>Community and takeaway meal</p>
WHEN	<p>Tue and Thu 1.30pm – 3pm until food is all gone. Sun 9.30am – 11am until food is gone.</p>	<p>Mon – Sat 11.30am – 8pm</p>	<p>Daily Breakfast 9am – 10.30am Lunch 11.30am – 1pm Dinner 5pm – 7pm</p>	<p>Sat 1.30pm – 3pm</p>
COST & CONDITIONS	<p>Free</p>	<p>Full price \$9.50 (concession \$7.50) for all you can eat Add \$0.50 for take-away.</p>	<p>Free Open to everyone. Contact the agency directly for more information.</p>	<p>Free Open to everyone.</p>
ACCESSIBILITY	<p>Disability access flat ground no stairs.</p>	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>

	MELBOURNE	FITZROY	FITZROY NORTH	FOOTSCRAY
WHO & WHERE	<p>The Big Umbrella Federation Square and Russell St, Melbourne, 3000 info@thebigumbrella.org thebigumbrella.org</p>	<p>Brotherhood of St Laurence - Coolibah Centre 67a Brunswick Street, Fitzroy, 3065 Contact Robert Lorenzetto (Welfare Coordinator) 9483 1323 or 1300 147 147 rlorenzetto@bsl.org.au</p>	<p>Open Table Bargoonga Nganjin North Fitzroy Library, 182-186 St Georges Rd, Fitzroy North, 3068 hello@open-table.org open-table.org</p>	<p>Asylum Seeker Resource Centre (ASRC) 214-218 Nicholson Street, Footscray, 3011 9326 6066 foodandgoods@asrc.org.au</p>
WHAT	<p>Community meal Hot meals made from rescued and purchased food. Grocery pantry items also available to take away.</p>	<p>Community meal Additional classes including gardening, gentle exercise and art & crafts are also offered.</p>	<p>Community and takeaway meal Free vegetarian lunch, vegan and halal options available. Cooked and served fresh onsite using food that would otherwise be wasted. Bring a container to take-away any leftovers and a bag for any surplus fruits and vegetables.</p>	<p>Community meal Meal service of hot food served daily. Consumed in dining hall with other members, volunteers and some staff.</p>
WHEN	<p>Wed, Thu 7.30pm – 8.45pm</p>	<p>Mon – Fri 9am – 3pm Sun & public holidays 10am – 2pm Contact agency for schedule of activities.</p>	<p>Sat 1pm (except public holidays).</p>	<p>Mon – Fri Lunch 12.30pm –1.15pm (based upon availability) Contact ASRC for details on closure during public holidays and closure on last Wednesday of each month.</p>
COST & CONDITIONS	<p>Free Open to everyone.</p>	<p>Age criteria is 55+ To participate in classes person must be a member of the Coolibah day service. Contact agency for schedule of fees, consideration is given to those experiencing financial hardship.</p>	<p>Free</p>	<p>Free Persons seeking asylum and refugees who are members of the ASRC only. Visit the website or call the agency for the most up-to-date information.</p>
ACCESSIBILITY	<p>Contact organisation for information.</p>	<p>Ground floor venue without steps.</p>	<p>Located on level 2, lift access.</p>	<p>Contact organisation for information.</p>

	ST KILDA	ST KILDA	ST KILDA	ST KILDA
WHO & WHERE	<p>Christ Church Mission Community Centre 14 Acland St, St Kilda, 3182 9534 9250 communitycentre@ccm.org.au ccm.org.au</p>	<p>Kehilat Nitzan (in conjunction with the Fr Bob Maguire Foundation) Alma Park West, Alma Road, St Kilda, 3181 (near the corner of Alma Road and Chapel Street). info@kehillatnitzan.org.au kehillatnitzan.org.au</p>	<p>Nourish/Temple Beth Israel (in conjunction with the Fr Bob Maguire Foundation) 76 Alma Road, St Kilda, 3182 tbi.org.au/nourish</p>	<p>Sacred Heart Mission 87 Grey Street, St Kilda, 3182 9537 1166 info@sacredheartmission.org sacredheartmission.org</p>
WHAT	<p>Community meal Bag of fresh produce also available to takeaway.</p>	<p>Takeaway meal</p>	<p>Takeaway meal</p>	<p>Community meal Provides nutritious meals to people who are socially disadvantaged and isolated or experiencing homelessness.</p>
WHEN	<p>Thu 5.30pm – 6.45pm</p>	<p>Tues 6pm – 6.45pm</p>	<p>Mon 5.15pm – 6.30pm</p>	<p>Daily Takeaway breakfast and lunch package provided from 10am – 1pm.</p>
COST & CONDITIONS	<p>Free Open to everyone.</p>	<p>Free</p>	<p>Free</p>	<p>Free Open to everyone.</p>
ACCESSIBILITY	<p>Contact organisation for information.</p>	<p>Pavement service - no accessibility restrictions.</p>	<p>Pavement service - no accessibility restrictions.</p>	<p>Contact organisation for information.</p>

	ALBERT PARK	ALBERT PARK	SOUTH MELBOURNE	ST KILDA WEST
WHO & WHERE	Hare Krishna Food For Life Melbourne Prasadam Hall,197 Danks Street, Albert Park, 3206 9699 5122 info@harekrishnamelbourne.com.au harekrishnamelbourne.com.au/food-for-life	Parish of the Parks St Silas Church Hall 99 Bridport Street, Albert Park, 3206 9696 5116 sundaysuppers@parishoftheparks.com.au parishoftheparks.com.au	Emerald Hill Mission 377 Dorcas St, South Melbourne, 3205 (rear of 377 Dorcas St) maryannenunan@optusnet.com.au	Emerald Hill Mission Food Van Cleve Gardens, Cnr Beaconsfield Pde and Fitzroy St, St Kilda West, 3182 maryannenunan@optusnet.com.au
WHAT	Community meal Serving vegetarian breakfast, lunch and dinner in the Prasadam Hall.	Takeaway meal Takeaway hot meal & a freshly baked muffin.	Community meal Hot meals and food parcels available.	Takeaway meal
WHEN	Daily 9am breakfast 1pm lunch Mon – Fri 5.30pm dinner Sat – Sun 6pm dinner	Sun 4.30pm onwards Closed over Christmas and New Year.	Mon – Thu 9.30am – midday (hot meal and food parcels) Fri 11am – 2pm (hot lunch)	Wed 5.15pm Fri 7pm
COST & CONDITIONS	Free Open to everyone.	Free Open to everyone.	Free Open to everyone.	Free Open to everyone.
ACCESSIBILITY	Contact organisation for information.	Contact organisation for information.	Contact organisation for information.	Contact organisation for information.

	PRAHRAN	PRAHRAN
WHO & WHERE	<p>Uniting Prahran Hartley's Meals</p> <p>211 Chapel Street, Prahran, 3181 9051 1400 unitingprahran.org.au</p>	<p>Uniting Prahran Hartley's Meals</p> <p>211 Chapel Street, Prahran, 3181 9051 1400 unitingprahran.org.au</p>
WHAT	<p>Community and takeaway meal</p> <p>Take away available at cost.</p> <p>Meat and vegetarian lunch option available in the community dining room.</p>	<p>Community meal</p> <p>Breakfast in the community dining room.</p>
WHEN	<p>Mon - Fri</p> <p>11am - 1.45pm</p>	<p>Mon - Fri</p> <p>7.30am - 9.30am</p> <p>Available April until the end of September.</p>
COST & CONDITIONS	<p>Low cost</p> <p>Free lunch meals available for people with a Health Care Card (conditions apply).</p>	<p>Gold coin donation appreciated for breakfast</p> <p>Everyone welcome.</p>
ACCESSIBILITY	<p>Ground floor, ramp access.</p>	<p>Ground floor, ramp access.</p>

St Vincent De Paul Soup Van Program

The Vinnies Soup Van Program offers free takeaway soup, sandwiches, fruit and other food and drinks at public locations across Victoria. The service is free and open to everyone. Visit their [website](#) or contact the agency directly for the most up to date information on soup van locations and times (phone: 9895 5800 or email: soupvans@svdp-vic.org.au).



Inner City

Contact: Soup Van Manager

	NORTH MELBOURNE	FITZROY	MELBOURNE
WHERE	201-241 Macaulay Road North Melbourne - Clayton Reserve (the dog park).	King William Street, corner Young Street adjacent All Saints Parish Church, Fitzroy.	297 Flinders Street Melbourne CBD, between Swanston St & Elizabeth St.
WHEN	Mon - Sat 7pm	Mon - Sat 7.30pm	Mon - Sat 8pm

Footscray

Contact: Soup Van Manager

	FOOTSCRAY	FOOTSCRAY	FOOTSCRAY	FOOTSCRAY
WHERE	Empire Street Footscray - Heatley Reserve Playground.	Cross Street, West Footscray - West Footscray Train Station Carpark.	56 Paisley Street Footscray - Library Carpark.	Swaby Square and Munro Square, Footscray.
WHEN	Wed 6.15pm	Tue - Fri 7.45pm Sat 5.45pm	Wed 6.15pm	Thu 6.45pm

FOOD BANKS, PARCELS, PANTRIES AND VOUCHERS

These services provide food parcels that can include pantry staples and fresh food and/or food vouchers or gift cards, such as for a local supermarket, to people in need*. Some services provide a food pantry, allowing individuals to select their own food.

Most of the services listed also offer information, support and financial or material aid to meet an immediate need.

*Note: There may be restrictions or exclusions, such as cigarettes or alcohol. Some services may require a Health Care Card. Also note that level of assistance is dependent on the availability of staff (often volunteers), as well as supplies of food, vouchers or other assistance.



FOOD BANKS, PARCELS, PANTRIES AND VOUCHERS

	EAST MELBOURNE	CARLTON	NORTH MELBOURNE
WHO & WHERE	<p>CatholicCare Victoria Emergency Relief Program 383 Albert Street, East Melbourne, 3002 0456 948 664 catholiccarevic.org.au</p>	<p>Church of All Nations Community Support Centre 180 Palmerston Street, Carlton, 3053 Grace 9347 7077 or 0484 062 862 (emergency relief mobile) admin@ cancarlton.org.au</p>	<p>Hotham Mission 2 Elm St, North Melbourne, 3051 9326 8245 (Mon - Fri 9am - 5pm) programs@hothammission. org.au</p>
WHAT	<p>Food vouchers We provide food and fuel vouchers both card and digital. Assistance with household bills can be offered.</p>	<p>Food pantry Financial assistance with bills and PBS scripts available.</p>	<p>Food parcel Bag of long-life food to last 1 week.</p>
WHEN	<p>Mon - Fri 9.30am - 3.30pm</p>	<p>Thu 10am start food market (line up out the back of the building, market finishes when food is exhausted). Pantry is open by appointment only on Tue, Wed, Thu every three weeks (long-life and toiletries available to collect).</p>	<p>Mon - Fri Call ahead to arrange pickup of a bag of long-life food items to last 1 week.</p>
COST & CONDITIONS	<p>Free</p>	<p>Free Open to those living in Parkville, Carlton, Carlton North, Melbourne CBD, North Melbourne, West Melbourne, Fitzroy and Fitzroy North or with no fixed address. Concession or Health Care Card required. Pantry is available by appointment only.</p>	<p>Free Open to everyone however note that the service is most suitable for individuals living near North Melbourne. Please call ahead and arrange pickup of the food parcel in advance.</p>
ACCESSIBILITY	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>

	KENSINGTON	MELBOURNE	MELBOURNE
WHO & WHERE	<p>McCracken St Food Share Pantry Kensington Neighbourhood House 89 McCracken St Kensington, 3031 9376 6366</p> <p>Search on Facebook for McCracken St Food Share Pantry for updates</p>	<p>Returned & Services League of Australia, Victorian Branch Vivian Bullwinkle Veterans and Veterans Families Wellbeing Centre Level 3, 293 Swanston Street Melbourne, 3000</p> <p>Contact Veteran Central 1300 645 838 veterancentral@rslvic.com.au</p>	<p>Salvation Army The Marketplace Level 1, 69 Bourke Street, Melbourne, 3000 9653 3299 1800 266 686 salvationarmy.org.au</p>
WHAT	<p>Food pantry Take what you need and give what you can at any time. Includes long-life food, pet food and toiletries.</p> <p>Donating? Simply drop off long-life items in the pantry.</p>	<p>Food vouchers Other services also provided. Support for former or serving members of the Australian Defence Force or Allied Forces and for their dependants who are experiencing financial hardship.</p>	<p>Food pantry Provides practical and limited financial assistance and a wide selection of food, clothing and other necessities to people who are homeless or disadvantaged.</p>
WHEN	<p>Open 24/7 Long-life foods available. First Tuesday of every month market day with fresh produce donated from Kensington Stockyard Food Garden.</p>	<p>Mon – Fri 9am – 5pm Closed public holidays.</p>	<p>Mon – Thu 9.30am – 12.30pm</p>
COST & CONDITIONS	<p>Free</p>	<p>Free Open to former or serving members of the Australian Defence Force or Allied Forces and for their dependants who are experiencing financial hardship.</p> <p>For information and to ascertain if you are eligible for assistance, please contact agency directly.</p>	<p>Free Open to those experiencing homelessness or disadvantage. Current health care card is required.</p>
ACCESSIBILITY	<p>Located on the veranda of Kensington Neighbourhood House.</p>	<p>Contact organisation for information.</p>	<p>Lift access available.</p>

	MELBOURNE	NORTH MELBOURNE	FLEMINGTON
WHO & WHERE	<p>The Humble Mission 5 Norval Place, Melbourne, 3000</p> <p>Direct message @ thehumblemission on Instagram or Facebook thehumblemission@ hotmail.com thehumblemission.com</p>	<p>St Vincent de Paul Society Victoria Soup Van Program Pantry Van Service</p> <p>Corner of Boundary Road and Macaulay Road, North Melbourne, 3051 - Clayton Reserve (the Dog Park) Contact Melissa Walton - Soup Van Manager 9895 5800 soupvans@svdp-vic.org.au vinnies.org.au/soupvansvic</p>	<p>Presbyterian and Scots Church Joint Mission (Flemington Mission)</p> <p>St Stephen's Church Hall 28 Norwood Street, Flemington, 3031</p> <p>Contact Andrew Wong 9376 3777 st.stephens@scotschurch.com</p>
WHAT	<p>Food parcel Long-life food and toiletries available on an individual basis.</p>	<p>Food pantry Milk, fresh fruit veggies, bread, pantry items, frozen meals and toiletries are also available.</p>	<p>Food parcels Food parcels including fresh fruit and vegetables.</p>
WHEN	<p>Individual parcel pickup on request</p>	<p>Mon 2pm – 3.30pm</p>	<p>Tue 10am – 1pm Closed public holidays and from Christmas to end of January.</p>
COST & CONDITIONS	<p>Free Open to everyone.</p>	<p>Free Open to everyone. Visit the website or contact the agency directly for the most up-to- date information.</p>	<p>Free Open to everyone.</p>
ACCESSIBILITY	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>

	FITZROY	FITZROY	FITZROY	RICHMOND
WHO & WHERE	Anglicare Fitzroy Mission House 118-120 Napier Street Fitzroy, 3065 (Entry is off Little George Street) 9486 0445	Anglicare St Marks Church Community Centre 250 George Street Fitzroy, 3065 Contact Wayne Gleeson (Team Leader) 9419 3288	Cultivating Community, Open Table and Yarra Libraries Fitzroy Community Food Centre, next to 125 Napier St, Fitzroy, 3065 Contact Peta Christensen 9429 3084 peta@ cultivatingcommunity. org.au	Richmond Churches Food Centre St Ignatius Church, 326 Church St, Richmond, 3121 (located behind the church) Contact Francis Flood 0493 104 144 rfoodcentre@gmail. com richmondchurches. weebly.com
WHAT	Food bank and food parcels	Food parcels Food parcels can be collected via an opened window to maintain physical distancing.	Food parcels Fresh food and some long-life food items.	Foodbank, parcels and vouchers Additional items including toiletries, sanitary products and baby care items are provided.
WHEN	Tue – Fri 10am – 2pm	Mon – Fri 11.30am – 2.30 pm	2nd Friday of the month 1pm – 3pm	Mon 10am – midday Closed public holidays.
COST & CONDITIONS	Free Must live in the following postcodes: 3000, 3051, 3053, 3054, 3065, 3066, 3067, 3068 and 3070 and live in public housing and rental properties with a Health Care Card.	Free Rough sleepers and people experiencing chronic homelessness.	Free	Free
ACCESSIBILITY	Ground floor. Front entrance has one small step.	Ground floor. Has 5 steps to building. Staff can provide provisions to those with a disability through side door (ring bell).	Contact organisation for information.	Contact organisation for information.

	FOOTSCRAY	ALBERT PARK	SOUTH MELBOURNE	ST KILDA
WHO & WHERE	<p>Asylum Seeker Resource Centre (ASRC) 214-218 Nicholson Street, Footscray, 3011 9326 6066 foodandgoods@asrc.org.au</p>	<p>Parish of the Parks St Silas Church Hall 99 Bridport Street Albert Park, 3206 9696 5116 sundaysuppers@parishoftheparks.com.au parishoftheparks.com.au</p>	<p>The Fr Bob Maguire Foundation 204 Gladstone Street, South Melbourne, 3205</p>	<p>Christ Church Mission Community Centre 14 Acland St, St Kilda, 3182 9534 9250 communitycentre@ccm.org.au ccm.org.au</p>
WHAT	<p>Food bank Grocery store set up for eligible members including fresh vegetables and fruit, canned goods, dry goods, biscuits, bread, dairy and toiletries. Availability of products based upon household family member size.</p>	<p>Food Parcel</p>	<p>Food parcel Basic groceries, pantry items, pre-cooked frozen meals, toiletries and food pantry pet food.</p>	<p>Food parcel and pantry Includes fresh fruit, vegetables, dairy products, long-life foods and takeaway meals to self-select.</p>
WHEN	<p>Mon – Fri 10.30am – 3.30pm Contact ASRC for details on closure during public holidays and closure on last Wednesday of each month.</p>	<p>1st Sunday of each month 4.30pm – 5.30pm</p>	<p>Mon, Tue, Thu, Fri 10am – 2pm</p>	<p>Food parcels Mon – Fri 10.30am – 1.30pm Food pantry Open 24/7</p>
COST & CONDITIONS	<p>Free Persons seeking asylum and refugees who are members of the ASRC only. Visit the website or call the agency for the most up-to-date information.</p>	<p>Free Only for residents of Port Phillip Council who have a concession or Health Care Card.</p>	<p>Free Health Care Card, Pension Card, or people in crisis requiring emergency support welcome.</p>	<p>Free Open to everyone.</p>
ACCESSIBILITY	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>	<p>Pavement service - no accessibility restrictions.</p>	<p>Contact organisation for information.</p>

FRESH FOOD AND GROCERIES

There are a number of options in Melbourne to access fresh, locally produced fresh food and groceries.

Fresh food markets

We're fortunate in Melbourne to have a number of fresh food markets operate regularly at public locations. These often allow farmers and food producers to sell their fresh produce direct

to the community, often for less than you'd pay in the grocery store or supermarket. If you go towards the closing time of the market, some vendors may sell their remaining perishable items at a discount. Fruits and vegetables that are in season are cheaper and fresher. Entry is free to most markets, or it's a gold coin donation.



Food cooperatives

A food cooperative (or co-op) operates like grocery stores that is collectively started, owned and run by its members. Co-ops often buy food in bulk from wholesalers or have direct relationships with producers. This type of purchasing allows co-op members to purchase fresh, quality food, often at reduced prices. Buying 'bulk' doesn't mean you have to buy lots of it, just come in and refill your container and pay by weight.

Most co-ops specialise in natural, organic and locally grown foods. Members usually pay an annual fee which goes towards the co-ops running costs.

Food delivery

Get groceries delivered to your home with these programs, which offer online ordering and home delivery of locally-grown produce. If you prefer to shop at major supermarkets, Coles, Woolworths and IGA also offer home delivery services.

For Coles, call 1800 455 400 or [Coles](#). For Woolworths, call 1300 666 377 or [Woolworths](#). For IGA, call 1800 018 0384 or [IGA](#).



FRESH FOOD AND GROCERIES

	MELBOURNE	CARLTON	KENSINGTON
WHO & WHERE	<p>Queen Victoria Market Corner of Victoria Street and Elizabeth Street, Melbourne, 3000 9320 5822 qvm.com.au</p>	<p>The Community Grocer Carlton Carlton Public Housing Estate 478 Drummond St, Carlton, 3053 thecommunitygrocer.com.au/carlton</p>	<p>The One Box Group 1/ 358 Arden Street, Kensington, 3031 1300 294 466 freshfoodproject@theonebox.org.au theonebox.org.au</p>
WHAT	<p>Fresh food market Melbourne's largest market and historic landmark, where you can shop for everything from Australian fruit and vegetables, and local and imported gourmet foods, to cosmetics, clothing and souvenirs.</p>	<p>Fresh food market The Community Grocer offers a variety of in season and culturally appropriate fruit and vegetables at affordable prices.</p>	<p>Food delivery The Fresh Food Project offers a range of seasonal fruit and vegetables and staples at approx. 50% off its recommended retail value.</p>
WHEN	<p>Tue, Thur, Fri 6am – 3pm Sat 6am – 4pm Sun 9am – 4pm Online ordering available for delivery or click and collect. Delivery is charged at \$15 per order. Check website for public holiday closures and Winter Markets on Wednesday nights.</p>	<p>Fri 8am – midday</p>	<p>Free delivery is available Tue & Fri for City of Melbourne council residents or choose Click & Collect Tue to Thu 9am – midday from Kensington 3031. Bulk delivery for charities & community organisations is also available. Delivery is free within City of Melbourne or free with a 10 box minimum for other areas.</p>
COST & CONDITIONS	<p>Free entry</p>	<p>Affordable fresh fruit and vegetables</p>	<p>Starting from \$8.50 for boxes of affordable fresh produce and staples</p>
ACCESSIBILITY	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>

	CARLTON NORTH	ONLINE ONLY	FLEMINGTON
WHO & WHERE	<p>Melbourne Farmers Markets Carlton</p> <p>Carlton North Primary School Corner Canning and O'Grady Streets, Carlton North, 3054</p> <p>0499 448 860</p> <p>mfm.com.au/pages/carlton-farmers-market</p>	<p>Ceres Fair Food</p> <p>Contact Shell (Customer Service)</p> <p>Mon – Fri</p> <p>8am – 5pm</p> <p>8673 6288</p> <p>info@ceresfairfood.org.au</p> <p>ceresfairfood.org.au</p>	<p>Flemington Farmers Market</p> <p>169-175 Mount Alexander Road, Flemington, 3031</p> <p>Contact Don Linke</p> <p>0407 411 198</p> <p>info@flemingtonfarmersmarket.com.au</p> <p>flemingtonfarmersmarket.com.au</p>
WHAT	<p>Farmers market</p> <p>Stallholders sell seasonal Victorian produce including fruit, vegetables, free range eggs and meats, dairy and cheeses, breads and pastries.</p>	<p>Food delivery</p> <p>Fresh, seasonal organic fruit, vegetables & herbs sourced locally whenever possible, as well as organic and ethical groceries, including dairy, eggs, fresh bakery goods, pantry staples, snacks, beverages, heat & serve products, cleaning & body products & more.</p>	<p>Farmers market</p> <p>Stallholders sell fresh food and local produce, all grown and made themselves.</p>
WHEN	<p>Sun</p> <p>9am – 1pm</p>	<p>To purchase food order online at any time.</p> <p>Next-day delivery, and delivery everyday Monday to Saturday is offered.</p>	<p>Sun</p> <p>8am – midday</p> <p>Closed over Christmas.</p>
COST & CONDITIONS	<p>Entry by voluntary \$2 donation (card only)</p>	<p>See website for pricing and delivery zone details.</p> <p>Minimum order spend is \$40, with a delivery fee of \$7.50. FREE delivery for orders over \$75.</p>	<p>Free entry</p>
ACCESSIBILITY	<p>Contact organisation for information.</p>	<p>We are happy to help however we can. Our drivers will carry boxes up stairs or lifts as required. For special arrangements or phone orders, please get in contact with our customer service team. Delivery service only. We don't have a retail shop front.</p>	<p>Contact organisation for information.</p>

	FITZROY	FITZROY	COLLINGWOOD
WHO & WHERE	<p>The Community Grocer Fitzroy Atherton Gardens Estate 90 Brunswick Street, Fitzroy, 3065 thecommunitygrocer.com.au/fitzroy</p>	<p>Cultivating Community Highrise Community Bakery Fitzroy Community Food Centre Napier Street, Fitzroy, 3065 Contact Peta Christensen 9429 3084 peta@cultivatingcommunity.org.au</p>	<p>Friends of The Earth 312 Smith Street, Collingwood, 3066 9417 4382 food@foe.org.au</p>
WHAT	<p>Fresh food market The Community Grocer offers a variety of in season and culturally appropriate fruit and vegetables at affordable prices.</p>	<p>Fresh food market Micro-community bakery based on the Atherton Gardens Housing Estate in Fitzroy. All money raised from sales goes back into the community bakery.</p>	<p>Food co-op and café Provides affordable, locally grown, organic food. Bring your own bags and containers or cup for take away tea and coffee. The café also offers cheap, vegan meals with gluten free options. Lunchtime meals from 12pm using food from the co-op. Meals and drinks are available for takeaway. Offers pre-packed grocery items, and has an online click and collect service.</p>
WHEN	<p>Tues 9am - 1pm</p>	<p>Tues 9am - 1pm Located at The Community Grocer Fitzroy Market stall.</p>	<p>Mon - Sat 10am - 5pm Check website for closures on public holidays.</p>
COST & CONDITIONS	<p>Affordable fresh fruit and vegetables</p>	<p>Affordable breads and baked goods</p>	<p>Low cost foods and meals Annual membership for coop is available. Members get a 5% discount off their shopping in the co-op.</p>
ACCESSIBILITY	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>

	ABBOTSFORD	BRUNSWICK EAST	SOUTH MELBOURNE
WHO & WHERE	<p>Melbourne Farmers Market Abbotsford Abbotsford Convent St Heliers Street, Abbotsford, 3067 0499 448 860 mfm.com.au/pages/abbotsford-farmers-market</p>	<p>Urban Orchard At CERES: Corner Roberts and Stewart Streets, Brunswick East, 3057 urbanorchard@ceres.org.au facebook.com/urbanorchardbrunswick</p>	<p>South Melbourne Market Corner of Coventry and Cecil Streets, South Melbourne, 3205 9209 6295 southmelbournemarket.com.au</p>
WHAT	<p>Farmers market Stallholders sell seasonal Victorian produce including fruit, vegetables, free range eggs and meats, dairy and cheeses, breads and pastries.</p>	<p>Fresh food market The Urban Orchard is a free community initiative where people can share and swap excess produce from their backyard gardens.</p>	<p>Fresh food market A village market, where people come not only to purchase fresh local food, but to meet, eat, drink, shop, share and connect.</p>
WHEN	<p>Sat 8am – 1pm</p>	<p>Sat 10am – 1pm (when CERES market is open). Table located outside CERES grocery.</p>	<p>Wed, Sat, Sun 8am – 4pm Fri 8am – 5pm Check website for public holiday closures.</p>
COST & CONDITIONS	<p>Entry by voluntary \$2 donation (card only)</p>	<p>Free People leave their excess fruit, vegetables, herbs etc. on the swap table and take produce others have dropped off. No membership required. There is no requirement to leave produce on the same day. Visit the table on market day to get involved.</p>	<p>Free entry</p>
ACCESSIBILITY	<p>Contact organisation for information.</p>	<p>Accessible via ramp from the car park. Some uneven ground.</p>	<p>Contact organisation for information.</p>

	SOUTH YARRA	FOOTSCRAY
WHO & WHERE	<p>Prahran Market 163 Commercial Road, South Yarra, 3141 8290 8220 management@prahranmarket.com.au</p>	<p>Slow Food Melbourne North Footscray Barrett Reserve 55-57 Essex St, West Footscray, 3012 0438 318 319 contact@slowfoodmelbourne.com.au slowfoodmelbourne.com.au/farmers-markets</p>
WHAT	<p>Fresh food market Selling high quality fruit and vegetables, a wide range of certified organic produce, sustainable seafood, free range meat, poultry and more.</p>	<p>Farmers market</p>
WHEN	<p>Tue, Thu, Fri, Sat 7am – 5pm Sun 10am – 3pm Check website for public holiday closures.</p>	<p>2nd Saturday of the month 9am – 1pm Check website for dates.</p>
COST & CONDITIONS	<p>Free entry</p>	<p>Free entry</p>
ACCESSIBILITY	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>

COMMUNITY FOOD GARDENS

Community food gardens play an important role in supporting people to grow their own fresh produce and building social connection within a local community.

Gardens and shared planter-boxes may be on public housing estates, vacant blocks, footpaths or land awaiting development.



COMMUNITY FOOD GARDENS

	EAST MELBOURNE	KENSINGTON	KENSINGTON
WHO & WHERE	<p>East Melbourne Community Garden Sinclair's Cottage, Fitzroy Gardens, East Melbourne, 3002</p> <p>eastmelbcommgarden@gmail.com</p>	<p>Kensington Stockyard Food Garden Corner of Bluestone and Serong St, Kensington, 3031</p> <p>hello@kensingtonstockyardfoodgarden.org</p>	<p>Kensington Community Garden 118-128 Westbourne Road, Kensington, 3031</p> <p>9376 1633</p> <p>kensington@ymca.org.au</p> <p>Kensington Community Garden</p>
WHAT	<p>Community garden Community garden for East Melbourne residents. To be placed on the waiting list send an email to the membership secretary.</p>	<p>Community food garden The garden aims to grow an abundance of fruit, vegetables, flowers and herbs and to increase local biodiversity, while providing a vibrant meeting place for the people of Kensington.</p>	<p>Community food garden The gardens provide the opportunity for local residents to grow herbs and vegetables for personal use. The gardens also provide a perfect community space for people to come together and socialise.</p>
WHEN	<p>Open during daylight hours</p>	<p>Tues, Wed, Sun Open during daylight hours.</p>	<p>Contact agency for more information</p>
COST & CONDITIONS	<p>Fees are set each year by the Committee of Management Must be a resident of East Melbourne.</p>	<p>Kensington residents only</p>	<p>Kensington residents only There is currently a waiting list for this garden.</p>
ACCESSIBILITY	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>

	KENSINGTON	KENSINGTON
WHO & WHERE	<p>Kensington Neighbourhood House 321 Arden Street, Kensington, 3031 9376 6366 info@kenhouse.org.au kensingtonneighbourhoodhouse.com</p>	<p>Kensington Neighbourhood House - McCracken St Food Share Garden 89 McCracken Street, Kensington, 3031 9376 6366 info@kenhouse.org.au kensingtonneighbourhoodhouse.com</p>
WHAT	<p>Community food garden This street garden was built with support from business owner Frank Menis, Flemington Community Bank, City of Melbourne and Living Learning Australia. It is maintained and supported by VincentCare.</p>	<p>Community food garden 16 raised garden beds with freshly grown herbs and vegetables accessible to all with principles of accessing food fairly and as you need.</p>
WHEN	<p>Garden is publically accessible at all times.</p>	<p>Garden can be accessed all times.</p>
COST & CONDITIONS	<p>Available for use by the public</p>	<p>Free Open to everyone.</p>
ACCESSIBILITY	<p>Contact organisation for information.</p>	<p>Located behind and down the side of the Christ Church Kensington.</p>

Public housing community gardens program

Cultivating Community currently supports 19 public housing community gardens as well as non-public housing gardens. These gardens provide opportunities for the public housing community to access healthy, affordable and culturally appropriate food alongside community connection.

Listed below are the public housing community gardens in inner Melbourne. You must be a public housing resident to use these gardens and many require key access. Access times vary for each garden.

For more information call 9429 3084 or email info@cultivatingcommunity.org.au or visit [Cultivating Community](http://CultivatingCommunity).

LOCATION	ADDRESS
Alfred Street	33 Alfred Street, North Melbourne
Buncle Street	Corner Buncle and Mark Streets, North Melbourne
Crown Street	29 Crown Street, Flemington
Emerald Street	24 Emerald Street, Collingwood
Fitzroy (Asherton Gardens Estate)	125 Napier Street, Fitzroy
Flemington	120 Racecourse Road, Flemington
Highett Street	Cnr Belgium Ave and Vere Street, Richmond
Hoddle Street 229	229 Hoddle Street, Collingwood
Hoddle Street 253	40 Harmsworth Street, Collingwood
Holmes Street	1 Holmes Street, Northcote
Inkerman Street	150 Inkerman Street, St Kilda
King Street (three small gardens)	25 and 27 King Street, Prahran
Lennox Street	13 Lennox Street, Richmond
Lygon Street	530 Lygon Street, Carlton
Milbarri	258 Malvern Road, South Yarra
Drummond Street	478 Drummond Street, Carlton
Park Towers	255 Bank Street, South Melbourne
Union Street	49 Union Street, Windsor
Wingate Avenue	22-24 Wingate Avenue, Ascot Vale

Interested in growing your own food?

Find out more about community food gardens, street gardens and composting at [Community gardens, street gardens and compost hubs - City of Melbourne](#)

Find out how to develop and manage a community or neighbourhood garden at Melbourne gardens and greenspaces.

Find out how to plant and maintain gardens on nature strips and medium strips through [these street garden guidelines at Melbourne gardens and greenspaces](#).

Find out about ways to play a role in greening our city, whether through green roofs or vertical green walls at [Melbourne greening the city](#).

FOOD EDUCATION – NUTRITION, COOKING AND FOOD GROWING CLASSES

Learn about how food is grown, sourced and how to cook delicious and healthy meals affordably through one of these food education programs.

Organisations listed includes nutrition education, cooking and food growing classes.



FOOD EDUCATION – NUTRITION, COOKING AND FOOD GROWING CLASSES

	MELBOURNE	KENSINGTON	FITZROY
WHO & WHERE	<p>cohealth Melbourne 53 Victoria St, Melbourne, 3000 9448 5536 cohealth.org.au</p>	<p>cohealth Kensington 12 Gower Street, Kensington, 3031 9448 5537 cohealth.org.au</p>	<p>cohealth Meet and Eat program Fitzroy Fitzroy Community Food Centre Napier Street, Fitzroy, 3065 9448 5521 cohealth.org.au</p>
WHAT	<p>cohealth nutrition education and support from Dietitians Access by referral from health professional or contact us directly.</p>	<p>cohealth nutrition education and support from Dietitians Access by referral from health professional or contact us directly.</p>	<p>Cooking class The group cooks a meal together to share together and learn about food, culture and community.</p>
WHEN	<p>Tue – Thu 9am – 5pm To make an appointment or refer: phone 9448 5537 or email serviceaccess@cohealth.org.au</p>	<p>Tue – Fri 9am – 5pm Not operating public holidays. To make an appointment or refer: phone 9448 5537 or email serviceaccess@cohealth.org.au</p>	<p>Wed 11.30am – 12.30pm Not operating on school holidays. Contact 9448 5521 for more information.</p>
COST & CONDITIONS	<p>Open to everyone Fees or co-payments are based on income.</p>	<p>Open to everyone Fees or co-payments are based on income.</p>	<p>Gold coin donation Open to everyone.</p>
ACCESSIBILITY	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>

	FITZROY	COLLINGWOOD	FITZROY
WHO & WHERE	<p>cohealth Fitzroy 75 Brunswick St, Fitzroy, 3065 9448 5531 cohealth.org.au</p>	<p>cohealth Collingwood 365 Hoddle St, Collingwood, 3065 9448 5528 cohealth.org.au</p>	<p>Cultivating Community Fitzroy Community Food Centre Napier Street, Fitzroy, 3065 Contact Peta Christensen 9429 3084 peta@cultivatingcommunity.org.au</p>
WHAT	<p>cohealth nutrition education and support from Dietitians. Access by referral from health professional or contact us directly.</p>	<p>cohealth nutrition education and support from Dietitians. Access by referral from health professional or contact us directly.</p>	<p>Cooking class Cultivating Community runs the Highrise Community Bakery and After Schools Kids Cooking programs.</p>
WHEN	<p>Mon – Wed 9am – 5pm Not operating public holidays. To make an appointment or refer: phone 9448 5531 or email serviceaccess@cohealth.org.au</p>	<p>Mon – Wed 9am – 5pm Not operating public holidays. To make an appointment or refer: phone 9448 5531 or email serviceaccess@cohealth.org.au</p>	<p>Mon Community baking sessions Thu After School Kids Cooking Contact Peta Christensen for more information.</p>
COST & CONDITIONS	<p>Open to everyone Fees or co-payments are based on income.</p>	<p>Open to everyone Fees or co-payments are based on income.</p>	<p>Free</p>
ACCESSIBILITY	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>	<p>Contact organisation for information.</p>



How to contact us

Online:

melbourne.vic.gov.au

In person:

Melbourne Town Hall - Administration Building
120 Swanston Street, Melbourne
Business hours, Monday to Friday
(Public holidays excluded)

Telephone:

03 9658 9658

Business hours, Monday to Friday
(Public holidays excluded)

Fax:

03 9654 4854

In writing:

City of Melbourne
GPO Box 1603
Melbourne VIC 3001
Australia



Interpreter services

We cater for people of all backgrounds
Please call 03 9280 0726

- 03 9280 0717 廣東話
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- 03 9280 0722 Soomaali
- 03 9280 0723 Español
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- 03 9280 0726 عربي
- 03 9280 0726 한국어
- 03 9280 0726 हिंदी
- 03 9280 0726 All other languages

National Relay Service:

If you are deaf, hearing impaired or speech-impaired,
call us via the National Relay Service: Teletypewriter (TTY)
users phone 1300 555 727 then ask for 03 9658 9658
9am to 5pm, Monday to Friday (Public holidays excluded)

