**Food Access and Support in the Colac Otway Region –**

**Section 1: Emergency Food Relief**

***Food Vouchers, Food Parcels, Food Rescue -***

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| **Name & Address** | **Description: Food Voucher or Package** | **Contact** | **Eligibility** |
| E.g. Salvation Army  28 Bellarine St,  Geelong, 3220. | Food vouchers available to use at the supermarket organised through appointment.  Open five days a week.  Monday-Friday, 9:00am-4:30pm.  (Except Wednesday, 11:00am-4:30pm). | Wendy Katsambiris  Telephone: 03 5223 2434 | An appointment is needed to obtain a food voucher.  Food parcels can be accessed over the counter when in need.  Fortnightly. |
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**Section 2: Community Meals**

***Low Cost, No Cost Community Meals -***

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| **Name & Address** | **Description:** | **Contact** | **Eligibility** |
| E.g. Adra Share Kitchen  6 Little Myers St,  Geelong, 3220. | Two course vegetarian meal is provided. Bread, rolls and muffins available to take home.  Tuesday nights, 4:30pm-6:30pm | Mary Merritt  Telephone: 03 5222 1153  [mmerritt@yahoo.com.au](mailto:mmerritt@yahoo.com.au) | All welcome. |
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**Section 3: Learn, Grow, Cook**

***Community Kitchens -***

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| **Name & Address** | **Description:** | **Contact** | **Eligibility** |
| E.g. St Leonards Cooking Club  Progress Association Hall.  Murradoc Rd,  St. Leonards, 3223. | Thursday, 10:00am-1:00pm.  Community Kitchen for residents of St. Leonards.   * General Community * People on low incomes * Culturally linguistically diverse * Migrants/ refugees * Aboriginal and Torres Strait Islander   (Facilitator: Chris Staines) | Suzanne Harman  Community Kitchens Coordinator.  Telephone: 1300 715 673 |  |
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***Community Gardens -***

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| **Name & Address** | **Description:** | **Contact** | **Eligibility** |
| E.g. Grovedale Community Garden  45-75 Heyers Rd,  Grovedale, 3216. | A community garden with allotted plots and organic methods encouraged.  A garden plot is used for practical demonstrations via Grovedale Community Centre (Gardening course).  Excess produce shared amongst members. | Adrian Donkers  [andonkers@hotmail.com](mailto:andonkers@hotmail.com) | Yearly membership.  \**Membership currently full.* |
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**Section 4: Fresh Food**

***Markets/Swaps –***

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| **Name & Address** | **Description:** | **Contact** | **Eligibility** |
| E.g. Cloverdale Community Centre  167-169 Purnell Rd,  Corio, 3214 | Food Swap. Swap your excess garden produce.  This Saturday of every month, 9:30am-11:30am.  Edible gardens around the centre. | Telephone: 03 5275 4415  [cloverdaleadmin@datafast.net.au](mailto:cloverdaleadmin@datafast.net.au)  Office hours: 9:00am-3:00pm, (weekdays during school terms). | All welcome. |
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***Education Sessions –***

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| **Name & Address** | **Description:** | **Contact** | **Eligibility** |
| E.g. The forT – Youth Drop In Centre  Old Tourist Information Centre, stead Park.  Cnr St Georges and Melbourne Rds,  Corio, 3214. | Food forT cooking classes and shared meal.  Monday-Thursday, 4:00pm-6:00pm. | Jane Ruge  Telephone: 03 5274 9074  jruge@geelongcity.vic.gov.au | Free for youth. |
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**Section 5: Delivered Meals**

***Meals on the Move -***

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| **Name & Address** | **Description:** | **Contact** | **Eligibility** |
| E.g. Choice Meals  41 Connell Rd,  Oakleigh, 3166. | Privately owned company.  Provides home delivered meals to the elderly, disabled and infirmed. Approximately 80 main meals to choose from ranging in price from $8.50 to $12.00 each.  \* A delivery fee of $4.00 applies. | Telephone: 1300 430 488.  [info@choicefreshmeals.com.au](mailto:info@choicefreshmeals.com.au) | All. |
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**Section 6: Community Transport Services**

***Community Bus/private transport –***

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| **Name & Address** | **Description:** | **Contact** | **Eligibility** |
| E.g. | A community bus service is provided for people with mobility limitations. Utilising volunteers from Bellarine Community Health, passengers are collected from and returned to their own homes.  **Wednesday –** ***First Service*** is from St Leonards and Indented Heads to Drysdale shopping centre and Clifton Springs Hairdresser. Pick up time 10:00am returning 1:00pm.  **Drysdale to Geelong service –** Third Friday of the month. This service is used to get people out and about and sometimes goes to other areas such as Ocean Grove or Barwon Heads for a meal or social gathering as requested. | Barbara Dwyer  Bellarine Community Health Volunteer.  Telephone: 0408 813 082  \*Cost: gold coin donation for fuel. Hire of bus from CoGG is covered by funds from Bendigo Bank Community Enterprises. | Community Bus registered users.  Persons with mobility limitations. |
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