

EMERGENCY FOOD RELIEF SERVICES NEWCASTLE AND HUNTER

A Resource for Parents written by Family Inclusion Strategies Hunter Peer Parent Expert

Soul Hub – Food Bank & Meals (Newcastle)

Provides breakfast, lunch and open pantry sessions for people experiencing vulnerability, homelessness and food insecurity. Often includes additional community services and referrals.

📍 **437 Hunter St, Newcastle NSW 2300**

📞 (02) 4926 1758

🌐 <http://soulhub.org.au/>

⌚ Breakfast & lunch and pantry access available at scheduled times.

OzHarvest Newcastle – Food Rescue & Distribution

Delivers prepared meals and food relief to vulnerable people and community partners in Newcastle and the Hunter – use website to search for local services

📞 (02) 4940 0767

🌐 <https://ozharvest.org/your-local-ozharvest/newcastle/>

Samaritans Foundation Broadmeadow Office – Emergency Relief (Newcastle)

Provides emergency assistance to people and families in hardship, including help with food, essentials, bills and referrals to other services. Appointment required – call ahead.

📍 **32 Brunker Rd, Broadmeadow NSW 2292**

📞 (02) 4922 1500

🌐 <http://www.samaritans.org.au/>

🔧 Helps individuals with food and everyday essentials alongside referrals.

The Salvation Army Social Services Hamilton – Emergency Relief & Essentials

Local Salvation Army social services offering emergency financial assistance, food vouchers, referrals and support. Call the assistance line for assessment and support allocation.

📍 **67 Cleary St, Hamilton NSW 2303**

📞 (02) 4969 8066

🌐 <http://salvos.org.au/>

📍 Also: *Salvation Army Assistance Line* (for emergency relief & food support) – phone 8775 7988 (9 am-4 pm).

NourishEd Australia – Food Pantry & Grocery Support (Lake Macquarie)

A local charity providing **rescued, quality food, pantry staples and food support** to vulnerable and at-risk people in the Lake Macquarie area.

📍 **3/6 The Boulevard, Toronto NSW 2283**

📞 1800 371166

🌐 <https://www.nourished.org.au/>

🍞 Low-cost groceries and free open pantry services.

Hunter Food Relief Centre – Food Relief (Cessnock & Hunter)

Charity providing ongoing food relief and support for people experiencing food insecurity across parts of the Hunter region.

📍 **4 Cooper St, Cessnock NSW 2325**

📞 0474 485 616

🌐 <https://hunterfoodrelief.org.au/>

🟡 Food assistance and grocery support for those in need.

Samaritans Information & Neighbourhood Centre – Cessnock

Community support including **AOD referrals, casework support, health/ wellness connections, emergency assistance, information & referral to local drug & alcohol services** (not a clinical AOD service, but often a first local contact point).

📞 **Phone:** (02) 4993 3400

🌐 **Website:** <https://www.samaritans.org.au/services/community-support/cessnock-neighbourhood-centre>

Wesley Mission Newcastle

Community services including food relief.

📞 (02) 4915 3600

🌐 <https://www.wesleymission.org.au/>

New Life Community Relief – Charity offering broad community relief support including food and basic essentials.

📞 0402 381 025

🌐 <https://www.nlcrelief.org/>

Macquarie Care – Community support in Lake Macquarie with referrals and assistance (often including food relief directions).

📞 (02) 4954 3930

🌐 <http://macquariecare.org.au/>

Westlakes Corps – Church community support in Bolton Point that may assist with referrals to food support and emergency help.

📞 (02) 4959 7424

Connect Church – Community Lunch / Meals (*Check local schedule*)

Free or low-cost community meals open to anyone, often weekly.

📞 (02) 4959 2422

📍 **38 Dobney Avenue, Thornton NSW 2322**

🌐 <https://connectchurch.org.au/>

Useful Search Tools

Ask Izzy – Service Finder (Australia-wide)

Free anonymous tool to find **food support, shelters, emergency relief, hygiene facilities and more** near you (enter suburb/ postcode).

🌐 <https://www.askizzy.org.au/>

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