

Food Vouchers

Provider	What/When	
Uniting SA Port Adelaide	4 monthly vouchers for food Mon-Friday - Call 8440 2299 for appointment	
St. Vincent de Paul Society Lefevre Conference	Up to 6 vouchers per year to Foodbank (Agency pays) Issue Foodbank White cards as needed (Customer pays) Monday-Friday 9-1pm Call 1300 729 202	 
Uniting SA Western Homelessness Service	May provide supermarket cards for homeless persons. Phone 84402110	

Free Stuff

When	What's free	Where
Daily - 10.00am-2.00pm and 5pm - 8.00pm	Fruit & veg, bread, hot coffee and meals	Puddle Jumpers- Brick building on the median strip between Anne St & Port Road Hindmarsh
Mondays 1.00-2.00pm	Fruit & veg and groceries plus hot takeaway meal	Junction Community Centre, May Terrace Ottoway (School Term only)
Monday-Friday 9.00am - 3.00pm	Fruit & veg, bread and other discount food	Heart & Soul Group 30 Fourth Street Wingfield - also have a delivery service \$15 fee
Tuesdays 8.30-10.00 am	Fruit & veg, bread, frozen meals and breakfast	St. Bede's 200 Military Road Semaphore
Tuesdays 10.00am - 1.00pm	Fruit & veg, bread, frozen meals	Taperoo Uniting Church 63 Gedville Road Taperoo
Wednesday 3.00-7.00pm	Free meal and takeaway bags of food	The Port Church 47 Carnarvon Tce Largs North
Thursday 12.00 - 1.30pm (during school terms)	Free sit down home cooked meals	Lefevre Community Centre, Victoria Road Osborne
Friday 9.00-10.15 am	Fruit & veg, bread, breakfast, milk	CHATS Port Adelaide; Freemason's Hall cnr Dale St and Commercial Road Port Adelaide 0419 807 896
Sunday 6.00pm	Fruit & veg, bread, sit down meal	Fred's Van in the hall at 200 Military Road Semaphore

Last updated September 2025

TUESDAY 8am
THURSDAY 430pm
BREAKFAST
TAKEAWAY
MEALS

St Bede's
200 Military Rd
Semaphore