

What low cost food assistance can I access?

If you are having trouble making ends meet there are a range of ACT support services that can help you and your family. Food assistance centres across Canberra offer free or low cost food and everyday items, like washing powder and toilet paper, to individuals and families who are experiencing disadvantage.

Canberra food co-ops/pantries are for those struggling to balance their budgets or those with a genuine financial need. These services are limited and they may not be available all the time because they mainly rely on donations and volunteers. It is a good idea to ring ahead, if you can, to check opening times and eligibility.

For a list of Canberra Food Co-ops/Pantries see Volunteering and Contact ACT's guide: <https://www.ideas.org.au/uploads/resources/1673/Emergency-Relief-Providers.pdf>

What other assistance is available if I need emergency financial support?

There are other services such as emergency relief providers who may assist with food or vouchers for food and things like petrol. Some also have furniture or household goods at low cost.

Services that give emergency support include major charities like The Salvation Army, St. Vincent's de Paul Society and community organisations and centres like Communities@Work. Churches and op-shops are also good places to find support and information.

For a list of organisations that can help with food or financial assistance in an emergency see Volunteering ACT's website: <https://www.volunteeringact.org.au/wp-content/uploads/2020/06/Free-Meal-Emergency-Relief-and-Accommodation-Guide.pdf>