



# Cost of Living Food Toolkit

HOW TO SAVE MONEY WITHOUT  
COMPROMISING YOUR LIFESTYLE

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# FOOD

THE SOCIAL BLUEPRINT

<b>C Care</b>	<b>9636 3321</b>	<a href="https://www.ccare.org.au/how-to-receive-help/">https://www.ccare.org.au/how-to-receive-help/</a>	<b>C Care provides food and friendship services to the community. Our food services deliver a range of personalised solutions to help individuals and families maintain a healthy, nutritious diet, no matter their circumstances. Our friendship services include buddy calls and regular home visits to seniors, and support people to experience friendship and social connection into their senior years.</b>
<b>Kosher Meals on Wheels</b>	<b>0474-215-996</b>	<b>kmowvic@gmail.com</b>	
<b>Kehilat Nitzan Food Van</b>	<b>9500 0906</b>	<a href="http://www.kehilatnitzan.org.au/">http://www.kehilatnitzan.org.au/</a>	
<b>Nourish through TBI</b>	<b>9510 1488</b>	<a href="https://tbi.org.au/nourish/">https://tbi.org.au/nourish/</a>	<b>Every Monday night nourish volunteers serve hot meals to those in need in our neighbourhood. Meals are available from outside the TBI gates on Alma Road from 5.15pm until “sold out” (typically 6pm). 76-82 Alma Road, ST KILDA 3182 VIC</b>
<b>Souper Kitchen</b>	<b>8596 8106</b>	<a href="https://forms.office.com/r/k8apj4GMRk">https://forms.office.com/r/k8apj4GMRk</a>	



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## City Council Food Relief

<b>Coatesville Community Care</b>	(03) 9570 3912	<a href="https://www.greatplacetobelong.org.au/">https://www.greatplacetobelong.org.au/</a>	1050 North Road Bentleigh East VIC 3165	Run by volunteers, emergency relief is available for individuals and families experiencing disadvantage. Aid may include food parcels and food vouchers from time to time. Tea and coffee are also provided. Referral to other community support services is available. To use this service you should be: Located in Glen Eira local government area. Individuals and families experiencing disadvantage. Referred by Self.
<b>Stonnington Community Assistance</b>	(03) 9804 7223	<a href="mailto:support@stonningtonassist.org.au">support@stonningtonassist.org.au</a>	163 Commercial Road South Yarra VIC 3141	Emergency relief is available for residents of Stonnington local government area who are in financial distress. Aid includes food parcels and food vouchers. To use this service you should be: Located in Stonnington local government area. Residents of Stonnington local government area in financial distress. Referred by Self.



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