

# **GLENELG SHIRE COMMUNITY FOOD RELIEF SERVICE GUIDE**



This resource has been developed in partnership with the Portland District Health, Health Promotion Team in consultation with community food relief partners. It will be updated as new information becomes available.

**Last updated: September 2025**

# - FREE SHARED COMMUNITY MEALS -

Rock Church Heywood						
Free morning tea Wednesdays 10am-12pm Edgar Street Heywood (Next to post office) 5523 5217						
M	T	W	T	F	S	S

Citiport Church Portland						
Free shared morning tea Wednesdays 10am Presbyterian Church Hall 15 Tyers Street Portland 0401 830 673						
M	T	W	T	F	S	S

Uniting Church Portland						
Free shared morning tea Thursdays 10am Uniting Church 61 Percy Street Portland 5523 2455						
M	T	W	T	F	S	S

Salvation Army Portland						
Free cuppa and toastie Fridays 10am-11am Salvation Army Portland 33 Henty Street Portland 5523 3749						
M	T	W	T	F	S	S

Portland Community Mealshare						
Free shared community dinner Mondays 5:30 pm (except for public holidays) Salvation Army Portland 33 Henty Street Portland 5523 3749						
M	T	W	T	F	S	S

DWECH Community Lunch						
Free shared lunch (Clients only) Fridays (fortnightly) DWECH Community Room 18 Wellington Rd Portland 5521 7535						
M	T	W	T	F	S	S

## - TAKEAWAY AND DELIVERY -

### Baptist Church Portland

Free frozen home-cooked meals

Wednesdays

Portland/Heywood delivery  
or pick up from church

25/33 Learmonth Street Portland

5523 2257

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### Meals on Wheels

Delivered home-cooked meals  
(costs may apply)

Shire wide

Contact My Aged Care for more  
information 1800 200 422

## - FOODBANKS AND PANTRIES -

### DWECH

Pantry items available (Clients only)

Mon-Fri 8:30am-4:30pm

Ngootyoong Mara  
Cultural Healing Centre  
90 Julia St Portland

5521 7535

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### Rock Church Heywood

Foodbank (Pantry items)

Wednesdays 10am

Edgar Street Heywood  
(Next to Post office)

5523 5217

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### United Way Glenelg

Little FREE Pantries (Pantry items)

Available 24/7

Multiple locations throughout shire

0410 513 305

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### CitiPort Church Portland

Foodbank (Pantry items)

Wednesdays 10am

Presbyterian Church Halls  
15 Tyers Street Portland

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## - HAMPERS AND OTHER SUPPORT -

### Captain Sal

Salvation Army Support Bus  
Coffee, biscuits, breakfast packs, and  
other support

Tuesdays (when court sits)

Portland Magistrate's Court  
67 Cliff St Portland

5523 3749

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### Salvation Army Portland

Fruit & Veg Hampers, Food relief  
hampers & other material aid

Mon-Fri from 10:30am

Portland Salvation Army  
33 Henty Street Portland

5523 3749

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### Vinnies Casterton

Food vouchers for the local  
supermarket

Available by appointment  
at the Vinnies shop

McPherson St Casterton

Tuesday - Friday 11am -2pm

5581 2161

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### Merino Community Health Centre

Long-life hampers

Mon-Fri 9am-5pm

Merino Community Health Centre  
21 High Street Merino

5579 1303

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## - FRESH PRODUCE -

### Portland Community Garden

Fresh produce for sale  
Or, become a member and  
rent a plot for \$30 a year

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### Merino Shop Produce Swap

Fresh produce swap  
Saturday (fortnightly)

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### Heywood Food Swap Cart

Fresh produce swap  
Mon-Fri (8am-5pm)  
37 Edgar Street Heywood

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### Narrawong Food Collective

Fresh produce swap  
24/7  
Narrawong Post Office  
45 Windham Street Narrawong

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### Portland Fresh Food Swap

Fresh produce swap  
Every Thursday  
Portland Library  
Bentinck Street Portland  
5522 1197

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# - WESTERN DISTRICT FOODSHARE EMERGENCY FOOD HAMPERS -

If you're linked with one of these agencies, you may be able to receive 3 days of food supplies from Western District Food Share.  
Contact your agency directly; do not contact Western District Food Share, as your agency worker is required to place the order

Salvation Army Hamilton	5572 1907
Wellways	4333 0251
Department of Families, Fairness and Housing Victoria	1300 475 170
Meli	5226 8900
Brophy	1300 276 749
South West Healthcare	5563 1666
M Power	5561 8111
Gunditjmara Co-op	5559 1234
Windamara Aboriginal Corporation	5527 0000
Department of Justice	1300 365 111
Rural Finance Team	1800 260 425



Health Promotion Team, Portland District Health  
[healthpromotion.pdh@swarh.vic.gov.au](mailto:healthpromotion.pdh@swarh.vic.gov.au)  
5522 1197

