

ALTERNATIVE FOOD OPTIONS IN ONKAPARINGA APRIL 2020



With the escalation of the COVID-19 in Australia and across the world, it is an anxious time of potential social isolation and economical strain. We are constantly bombarded with media reports about empty supermarket shelves and experiencing seeing this ourselves. The following provides some alternative food options within the City of Onkaparinga.

COMMUNITY CENTRES AND MEALS

ABERFOYLE COMMUNITY CENTRE

1 Jessica Street, Aberfoyle Park
Meals available for collection on
Mondays from 9am–5pm.

Cost: \$6 per meal
Call 8270 5377 for more information

ELIZABETH HOUSE

112 Elizabeth Road, Christie Downs
Soup and frozen meals available
Pick up on Monday-Friday from
10am–2pm or delivery
Priority given to the elderly

Cost: Soups from \$2.50, frozen meals from \$5
Call 8384 5170 to order

WAKEFIELD HOUSE

65 Acre Avenue, Morphett Vale
Soup and frozen meals available
Pick up or delivery options
Meal packs containing a soup,
main and dessert also available.

Cost: Starting from \$3, meal packs \$8
Call 8384 6158 on Monday-Friday
from 9am–4pm to order

WARDLI YOUTH CENTRE

Fred's Van
13 McKinna Road, Christie Downs
Free takeaway meal on Wednesday
and Sunday 7pm
Call 8112 8700 for more information

MEETING PLACE MV

162 Main Road, McLaren Vale
Ten meal hamper and six meal hamper
with groceries available for all community
Reduced prices for NDIS clients through
Legacy Lifestyles
Separate meals also available

For ordering and pricing information:

<http://meetingplacemv.com.au/> or
[http://legacylifestylesupports.com.au/
meals-and-food/](http://legacylifestylesupports.com.au/meals-and-food/)

Call 0404 295 400 for more information

LOCAL FOOD

WILLUNGA FARMERS MARKET

Outdoor food markets are currently exempt from mass gathering restrictions. Fresh local fruit and vegetables, meat, dairy, bread, baked good and condiments.

Contactless hampers also available for members only

Check their website or Facebook for latest update:

Date: Every Saturday morning

Time: 8am–12.30pm

www.willungafarmersmarket.com.au/

www.facebook.com/willungafarmersmarket/

COMMUNITY FOOD SHARING

GROW FREE CARTS

Take what you need, give what you can! Access home produce and preserves with no need for reciprocation or acknowledgment.

Find your local cart here:

[Grow Free - Adelaide Metro South](#)

[Grow Free cart map](#)

[Grow Free cart list](#)

COMMUNITY GARDENS

Come together to grow and share fresh food, to learn and make new friends.

Connect here:

[SA Community Garden Network](#)

Call 8301 7241 to connect to a garden in Onkaparinga

MAGIC HARVEST

Magic Harvest connects home veggie growers to share, swap, cook and pass it on. Access online resources for starting your own food garden, from setting up plots to harvesting.

Connect here:

[Magic Harvest](#)

REQUESTS AND SUPPORT FOR LOCAL FOOD

Connect here:

[Onkaparinga Food Security Collaborative](#)

[Adelaide Community Food Network](#)

[Ask Lizzy](#)

EMERGENCY FOOD RELIEF

EMERGENCY FOOD RELIEF

A wide range of agencies and churches provide food assistance.

Please call first as restrictions have seen some closures

[Emergency food relief](#)

FOODBANK FOOD HUB

59–61 Beach Road, Christie Downs

Free fruit and vegetables, other groceries and essentials.

Please note accessible only via referral voucher.

Find out how to access Foodbank here:

[Foodbank](#)