



Pictured: Milligan's Really, Really Free Cart

Food Support Practitioners Guide Bunbury & Surrounds

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Acknowledgement of Country

We would like to respectfully acknowledge the Wadandi and Bindjareb Peoples who are the Traditional Owners and First People of the land on which we created this guide. We would like to pay our respects to the Elders past, present and emerging for they hold the memories, the traditions, the culture and hopes of the Wadandi and Binjareb Peoples.

Food Security

Based on the World Summit in 1996, food security occurs when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy lifestyle.

(Food and Agriculture Organisation, 2024., & World Bank Group, n.d.)



S. L. Godrich, I. Chiera, M. Stoneham, J. Doe, A. Devine, and E. Humphreys, "Using Social Network Analysis to Visualise Place-Based Partnerships for Systems Change in Regional Australia," Health Promotion Journal of Australia 37, no. 2 (2026): e70150, <https://doi.org/10.1002/hpja.70150>.

Aboriginal communities defined food security "when the food of our ancestors is protected and always there for us and our children. It is when we can easily access and afford the right nontraditional food for a collective health and active life. When we are food secure, we can provide, share and fulfil our responsibilities, we can choose good food knowing how to make choices and how to prepare and use it."

(Menzies School of Health Research, 2010)

Screening Tool

Adapted from the United States Department of Agriculture Food Security Safety Module (May 2024)

This screening tool will be used to understand the extent and nature of food insecurity in our community. The information gathered supports informed planning, service delivery, and advocacy to better respond to community needs.

These next questions are about the food eaten in your household in the last 12 months, and whether you were able to afford the food you need.

1. The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more.

Often true Sometimes true Never true DK or refused

2. (I/we) couldn't afford to eat balanced meals.

Often true Sometimes true Never true DK or refused

3. In the last 12 months, since last (name of current month), did (you/you or other adults in your household) ever cut the size of your meals or skip meals because there wasn't enough money for food?

Yes No (skip to Q5) Don't Know (skip to Q5)

Screening Tool

Adapted from the United States Department of Agriculture Food
Security Safety Module (May 2024)

4. (Only if yes to Q3) How often did this happen—almost every month, some months but not every month, or in only 1 or 2 months?

Almost every month Some months but not every month Only 1 or 2 months Don't Know

5. In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?

Yes No Don't Know

6. In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?

Yes No Don't Know

For further information and how to use the U.S. Household Food Security
Survey Module: Six Item Short Form please visit:

[https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/survey-
tools](https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/survey-tools)

and choose "Six-item Short Form Food Security Survey Module".

Key



Meals



Foodbank referrals



Food or hampers



Supermarket vouchers

Food Support Agencies:

AGENCIES AND ORGANISATIONS THAT CAN PROVIDE MEALS, FOOD, AND SUPERMARKET VOUCHERS.

- Foodbank Bunbury
- Boniface Care
- Milligan's Events
- Bunbury Soup Van
- Doors Wide Open
- Mobile Foodbank
- Intown Centre/ Shoestring Cafe
- Secondbite
- The Salvation Army
- Vinnies
- Multicultural Services Centre
- Husdon Road Family Centre



Foodbank Bunbury

Eligibility: individuals with a Foodbank referral and ID can access low-cost food

SERVICES:



With a referral, you can get access to low-cost groceries and pantry staples, as well as free fruit and vegetables. Payment is via EFTPOS. Foodbank WA also runs healthy eating and cooking programs to plan and prepare healthy and tasty meals on a budget.

Contact Details:

Phone: (08) 9726 2362

Address: 5 Clifford Street, Bunbury, WA, 6230

Opening Hours: Monday – Friday 8:30am–2:30pm

ACCESS:

A referral to access Foodbank Bunbury and Mobile Foodbank can be arranged through the Emergency Relief and Food Access Service (ERFAS), or a charity partner.

Boniface Care

Eligibility: individuals experiencing financial strain

This service is by appointment only.



Contact Details:

Phone: 0481 820 924

Address: 33 Parkfield Street, Bunbury, WA, 6230

Opening Hours: Thursday and Friday mornings

SERVICES:



Provides food vouchers, petrol vouchers and assistance to individuals case by case.

ACCESS:

Call the number to book an appointment.

MILLIGAN.

Milligan's Events

Eligibility: anyone who wants to or needs to come

DINNER @

MILLIGAN'S:

No reservation needed, everything is free whether you want to share a dish, help cook or come along and enjoy dinner, everyone is welcome.

Contact Details:

Phone: (08) 9721 8944 or 0481 207 789 for the garden

Email: hello@milligan.org.au

Address: 35 Milligan Street, Bunbury, WA, 6230

MILLIGAN'S

HOME GROWN:

Come to help with the garden, talk to the chickens and pick your own vegetables for free. Anyone and everyone can get involved.

MILLIGAN: REALLY, REALLY FREE

MARKET:

Show up to the market with things you'd like to share. If you don't have anything that's fine, bring yourself. A free-for-all market with produce, clothes, books and more.

OPENING HOURS:

DINNER @ MILLIGAN'S:

5:00pm–7:30pm last Thursday of the month:

- Doors open at 5:00pm
- Dinner served from 6:00pm

MILLIGAN: REALLY REALLY FREE MARKET

9:00am–10:30am third Saturday of the month.

MILLIGAN: HOME GROWN

Monday – Wednesday 9:00am–2:00pm, and Thursdays 12:00pm–5:00pm.

Bunbury Soup Van

Eligibility: people at risk of homelessness and under financial stress

SERVICES:

Provides hot soup, bread, beanies in the winter and occasional extras.

ACCESS:

Vans operates around Bunbury CBD and outer suburbs including Glen Iris, Carey Park and Withers. Head to the Facebook page to find out where and when they operate.

Contact Details:

Email: bunburysoupvan@gmail.com

Facebook:

<https://www.facebook.com/bunburysoupvan/>

Opening Hours: Wednesday, Saturday and Sunday evenings, and public holidays



DELIVERING
WED, SAT, SUN
& ALL PUBLIC
HOLIDAYS
(EXCEPT CHRISTMAS DAY)

NO CONCESSION CARD
REQUIRED - SOUP AND BREAD,
TOILETRIES ETC FREE

CURRENT STOPS

VAN ONE (SMALL VAN)

Back Beach (Far end of carpark of Backbeach Cafe)	6.10pm*
Souths Carpark (Opposite Art Gallery)	6.20pm*
Doors Wide Open (Forrest Ave).....	6.30pm*
Good Earth (Wellington /Carmody St).....	6.45pm*
Cobblestone Drive (Behind By Rowing Club)	7.00pm*

VAN TWO (BIG VAN)

Glen Iris Park (Tremandra St/Jacksonia St)	6.15pm*
Forest Avenue/Picton Road (corner at lightpost)	6.35pm*
Len Ferguson Park (Winton Street - very end)	6.45pm*
Frankel Street Complex (Frankel St Shops)	6.55pm*
Salvation Army (Cnr Timperley Rd & Bussell Hwy)	7.15pm*
Hudson Road Family Centre (Hudson Rd)	7.25pm*

*These are approximate times and may vary up to 10 minutes either side. Please be patient.

AMENDED STOPS

Doors Wide Open

Eligibility: individuals recovering from methamphetamine and substance addiction

Contact Details:

Phone: (08) 9787 9262

Email: reception@doorswideopen.org.au

Address: 42 Forrest Avenue, South Bunbury, WA, 6230

Opening Hours: Monday – Friday
10:00am–2:00pm



SERVICES:

Can help with emergency food ration packs, coffee, clothes and other items.

ACCESS:

Apply on their website, call or go to their office in opening hours.

Mobile Foodbank

Eligibility: individuals with a Foodbank referral and ID

SERVICES:

The Mobile Foodbank has low-cost groceries and pantry staples, as well as free fruit and vegetables. Payment is via EFTPOS.



CAREY PARK CONTACT DETAILS

Phone: (08) 9726 2362

Address: 35 Milligan Street, Bunbury, WA, 6230

Opening Hours: Wednesday 11:30am – 12:15pm. Holiday hours for the Mobile Foodbank service may vary.

SOUTH BUNBURY CONTACT DETAILS

Phone: (08) 9726 2362

Address: Bethanie Elanora, 37 Hastie Street (entry from Myrtle Street), Bunbury, WA, 6230

Opening Hours: Second and fourth Monday of the month 1:00pm – 1:45pm. Holiday hours for the Mobile Foodbank service may vary.

DALYELLUP CONTACT DETAILS

Phone: (08) 9726 2362

Address: Bethanie Housing, 68 Kambany Approach, Dalyellup, WA, 6230

Opening Hours: First and third Monday of the month 12:15pm – 1:00pm.

LOCATIONS:

- Carey Park
- South Bunbury
- Dalyellup
- Brunswick
- Eaton

Mobile Foodbank

Eligibility: individuals with a Foodbank referral and ID

SERVICES:

The Mobile Foodbank has low-cost groceries and pantry staples, as well as free fruit and vegetables. Payment is via EFTPOS.



BRUNSWICK CONTACT DETAILS

Phone: (08) 9726 2362

Address: Brunswick Community Resource Centre, 1 Ridley Street, Brunswick, WA, 6224

Opening Hours: First and third Tuesday of the month 10:30am – 11:15am. Second and fourth Tuesdays of the month 1:00pm – 1:30pm

EATON CONTACT DETAILS

Phone: (08) 9726 2362

Address: Bethanie Esprit Retirement Village, 97 Illawarra Drive, Eaton, WA, 6232

Opening Hours: Thursday 10:30am – 11:15am

LOCATIONS:

- Carey Park
- South Bunbury
- Dalyellup
- Brunswick
- Eaton



In Town Centre Shoestring Cafe

Eligibility: people of all ages who face difficulties with loneliness, homelessness and other stressors

SERVICES:



- Bottomless tea and coffee in the morning
- Lunch meals
- Emergency relief hampers
- Bread and vegetables for free
- Referrals
- Entertainment and company

ACCESS:

Come in during business hours for access to the meals, entertainment and access to amenities.

Contact Details:

Phone: (08) 9791 4214

Address: 52 Wittenoom Street,
Bunbury, WA 6230

Opening Hours: Monday – Friday
9:00am – 1:30pm

As from 1st July 2023

(Last increase was January 2021)

Lunch meal - \$6.00

Main meal only - \$4.50

Dessert only - \$3.00

Children meal - \$3.50

Soup - Free

Takeaway Frozen meal -
\$4.00

SERVICE HOURS:

9:00am – 10:00am Morning Tea: Free
Assorted Items, bread also available for toast
etc.

12:00pm – 12:45pm Lunch: \$6.00
Every day is a different meal – soup, main and
dessert.

All day: Free
Tea, coffee, milo available, also cool drink cans
for \$2.00.

SecondBite

Ending Waste. Ending Hunger.

SecondBite

Eligibility: individuals and families in need

SERVICES:



Food rescue organisation that supports and partners with local charities across Australia. If you or someone you know is seeking food relief, we recommend using our food finder to locate services near you.

ACCESS:

Details of the specific location times is on the SecondBite website.

Contact Details:

Phone: 1800 263 283

Email: admin@secondbite.org

Address: Dependant on the local charity

WA Branch: 7 Baldwin Street, Kewdale, WA, 6105

Opening Hours: Monday – Friday
10:00am–2:00pm

WEBSITE:

<https://secondbite.org/in-need-of-food/>

The Salvation Army

Eligibility: anyone in need of assistance



Contact Details:

Phone: (08) 6210 3288

Address: 70 Timperley Road, South Bunbury, WA, 6230

Opening Hours: Mondays, Tuesdays and Thursdays 9:30am–12:00pm

PHONE ASSISTANCE LINE WA

Phone: (08) 6210 3288

Opening Hours: Monday – Friday
9:00am–4:00pm

Bunbury Collection Times: Mondays, Tuesdays and Thursdays 9:30am–12:00pm (at the above location)

SERVICES:



Drop-in centre for a coffee, a chat and toasted sandwiches to eat in the dining hall. There is also laundry services, emergency relief hampers, Foodbank Referrals and free bread Monday – Friday.

Salvos Phone Assistance Line: can be accessed by those experiencing financial hardship in relation to food and other essential items

ACCESS:

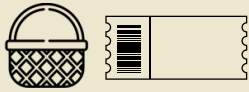
Go in/call during the opening hours listed.



Vinnies

Eligibility: assistance from people in need

SERVICES:



This might involve having a friendly chat or include providing information, advocacy, food or food vouchers, clothing, furniture, budget support, assistance with utility bills or back to school costs.

ACCESS:

Call the number for assistance.

AUSTRALIND CONTACT DETAILS

Phone: 1300 794 054

Opening Hours: Monday – Friday
9:00am–12:30pm

BUNBURY CONTACT DETAILS

Phone: 1300 794 054

Opening Hours: Monday, Wednesday
and Friday 10:00am–12:30pm

Multicultural Services Centre

Eligibility: support for eligible Culturally and Linguistically Diverse clients who need immediate aid



MULTICULTURAL SERVICES CENTRE

SERVICES:



Provide assistance in the form of food vouchers, essential groceries or contributions to outstanding bills. Can be assisted in advocacy and referrals to other services.

ACCESS:

Call the number for assistance or use the website. You will need to provide Centrelink documents, utility notices and residency status.

Contact Details:

Phone: 1300 794 054

Opening Hours: Monday – Friday
9:00am–12:30pm

Hudson Road Family Centre



Eligibility: individuals and families in need

SERVICES:

Offers free fresh fruit and vegetables every Thursday, supplied through Foodbank.

Provide free bread each Friday, helping to supplement household food supplies at the end of the week.

Hosts the soup van three times per week.

Alongside these regular programs, community members bring and share fresh home grown produce throughout the week and pre-prepared toasties and soup are often provided through the Red Dove Cafe to freeze, which are then distributed to those in need.

They also have a free give away area that offers clothing and household goods.

Contact Details:

Phone: (08) 9795 9308

Email: manager@hudsonfamilycentre.org.au

Address: 95 Hudson Road, Bunbury, WA 6230

OPENING HOURS:

GENERAL OPENING HOURS

Monday–Friday: 9:00am–3:00pm

SOUP VAN

Wednesday, Saturday and Sunday from 7.15pm(ish)

OTHER FOOD SUPPORT

Free fresh fruit and vegetables: every Thursday

Free bread: every Friday

Referral Services:

AGENCIES AND SERVICES WHO CAN PROVIDE FOODBANK REFERRALS FOR BOTH THE SHOP AND MOBILE VANS, OR PROVIDE FINANCIAL COUNSELLING

- Foodbank
- Accordwest
- Financial Counsellors' Association of Western
Australia: Emergency Food Relief
- AnglicareWA
- In Town Centre (as seen on p.14)
- The Salvation Army (as seen on p.15)
- Multicultural Services Centre (as seen on p.16)
- Hudson Road Family Centre (as seen on p.17)

Note for agencies:

The South West Aboriginal Medical Service (SWAMS) provides limited food relief support for registered SWAMS members and may also refer eligible

Aboriginal clients to the South West Emergency Brokerage (SWEB) program.



Foodbank Referrals

The Find Food tool on the Foodbank website below can be used to find charity partners who supply Foodbank referrals, or use the referral agencies in the following pages.

WEBSITE: <https://www.foodbank.org.au/wa/who-we-help/individuals/>



Accordwest

Eligibility: those needing financial support or emergency relief

ACCESS:

1. Call one of their numbers.



2. Speak to client service officer to book with an assessments officer.



3. Assessment officer will phone you to complete an assessment with you.



4. If they can provide emergency relief they will set it up for you.

Clients must bring:

- Photo ID
- Current Centrelink Income Statement
- Bank balances for all active accounts

SERVICES:



- Vouchers
- Foodbank referrals
- Emergency relief
- Minimal financial assistance
- If they cannot help, they will direct you to someone who can

Contact Details:

Phone: Call **(08) 9729 9000** or **1800 115 799** at **9am sharp on the day** (Tuesday or Thursday) to try to secure an appointment.

Address: 26-28 Forrest Avenue, South Bunbury, WA, 6230

Service areas: Bunbury, Shire of Capel, Shire of Dardanup, and outreach to the Shire of Harvey.

Opening Hours: **Tuesday and Thursday only**, bookings are essential. Phone bookings only – no walk-ins.

Please note: They have limited appointments as only one assessor is available.

AnglicareWA



Eligibility: individuals and families experiencing financial difficulties

ACCESS:

This service is free and available for individuals and families experiencing financial difficulties or wanting to work towards financial stability.

SERVICES:

Primarily provides financial counselling and broader support services, which may assist people experiencing financial hardship.

AnglicareWA Bunbury – Contact Details:

Phone: (08) 9720 9200

Email: bunbury@anglicarewa.org.au

Address: 13 Stirling Street, Bunbury, WA, 6230

Opening Hours: Monday to Friday
8:30am–4:30pm

*Please note, AnglicareWA Bunbury does not provide emergency relief or Foodbank referrals or renewals.



FWCWA: Emergency Food Relief

Eligibility: individuals struggling to keep up with rent and put food on the table

SERVICES:



Foodbank referrals and renewals for the Foodbank supermarket and Mobile Foodbank services.

ACCESS:

Have the following ready when calling in:
Medicare card, drivers' licence, overdue bills.

Contact Details:

Phone: 1800 979 777

Opening Hours: Monday – Friday
9:30am–5:00pm

Community Gardens:

LOCALLY GROWN FRUIT AND VEGETABLES THAT PROVIDE SOME FOOD RELIEF WITH LITTLE TO NO COST.

- Bunbury Community Garden
- Thommo's Community Garden
- ECU Community Garden
- Bunbury Urban Growers



Bunbury Community Gardens

Contact Details:

Email: communitygardenbunbury@gmail.com

Address: Located at Withers Library Hudson Road, South Bunbury, WA, 6230

Opening Hours: Monday – Saturday
9:00am–5:00pm

SERVICES:



Education training, preparing and sharing healthy fresh food.

Thommo's Community Garden



Contact Details:

Email: thommoscommunitygarden@gmail.com

Address: 152 Robertson Drive, Glen Iris, WA, 6230

Opening Hours: Monday – Friday 7:00am – 11:00am or by appointment

SERVICES:



Events, gardening activities, lease plots to grow vegetables and provides Foodbank Bunbury with vegetables.

Contact Details: Join the Facebook group to be up to date with the latest information and events schedule.

Address: 585 Robertson Drive, Bunbury, WA, 6230

SERVICES:



Gardening advice and events, occasionally giving away free produce.

FACEBOOK:

<https://www.facebook.com/p/ECU-Bunbury-Community-Garden-and-Campus-Events-100077077133158/>

Bunbury Urban Growers

SERVICES:



Socialising with other gardeners. Practical garden workshops and learning to grow your own produce.

Contact Details:

Email: helenbennett@westnet.com.au

Email to join the mailing list or join the Facebook group to be up to date with the latest information.



FACEBOOK:

<https://www.facebook.com/p/ECU-Bunbury-Community-Garden-and-Campus-Events-100077077133158/>

Farmers' Markets:

LOCAL PRODUCE FROM FARMER'S MARKETS CAN OFTEN COME AT A SMALLER COST THAN AT RETAIL SUPERMARKETS TO AID FOOD RELIEF.

- Produce in the Park
- The Bunbury Markets

cobblestone drive • queens gardens

PRODUCE - IN THE PARK -

SERVICES:



Fresh, local fruit and vegetables, which often come at a more reasonable price.

Contact Details:

Phone: 0428 414 720

Email: bunburymarkets@gmail.com

Address: Queens Garden
Cobblestone Drive, Bunbury, 6230,
WA

Opening Hours: Second, fourth and fifth Saturday of the month (weather dependent) 8:00am - 12:00pm

cobblestone drive • queens gardens

THE BUNBURY - MARKETS -

Make it. Bake it. Sew it. Grow it

Contact Details:

Phone: 0428 414 720

Email: bunburymarkets@gmail.com

Address: Queens Garden
Cobblestone Drive, Bunbury 6230
WA

Opening Hours: First and third Saturday of the month (except August) 8:00am - 1:00pm

SERVICES:




An outdoor market showcasing local fresh, quality produce often coming at a more reasonable price.


Food Access Maps:

**A VISUAL AID TO HELP ACCESS FOOD ACROSS
BUNBURY AND SURROUNDS.**

Accordwest

 1300 115 799 or (08) 9729 9000



 Mon, Wed and Fri from 9.00am
Appointments available until filled, daily


 26-28 Forrest Avenue, South Bunbury
WA 6230

*Requires: 2 forms of ID and your most recent
income statement or payslip.

Anglicare


 (08) 9720 9200




 13 Stirling Street, Bunbury WA 6230


*Call to enquire about services.

Boniface Care

 0481 820 924



 Thursday and Friday mornings,
by appointment only

 Lower level of St. Boniface Cathedral,
Corner of Cross St. and Oakley St.
Bunbury WA 6230

Food Access Map: Bunbury



Emergency food relief



Regular food relief



**Reduced-priced
groceries**



**Community
garden/food swapping
group**



Food vouchers



Food parcels/hampers


**See attached page for a map
of these services.*

Bunbury Community Garden


 Withers Library, Withers WA
6230




Doors Wide Open

 (08) 9787 9298




 Mon - Fri, 10.00am - 2.00pm

 42 Forrest Avenue, South Bunbury
WA 6230

FCAWA Emergency Relief and Food Access Service


 1800 979 777




 Mon - Fri, 9.30am - 5.00pm

*Call to be connected with your local support
services.


Foodbank Bunbury

 (08) 9726 2362



 Mon - Fri, 8.30am - 2.30pm





 5 Clifford Street, Davenport WA 6230

*Referral required.

InTown Centre/ Shoe String Cafe

 (08) 9791 4214


 Mon - Fri, 9.00am - 2.00pm


 52 Wittenoom Street, Bunbury WA
6230

*Walk-in only between 10.30am - 11.30am (food hampers and vouchers).


Hudson Road Family Centre


 (08) 9795 9308

 Free fresh fruit and vegetables: Thur
Free bread: Fri
Soup van: Wed, Sat, Sun from 7.15pm(ish)

 95 Hudson Road, Bunbury WA 6230


Milligan – Community Dinners


 0481 207 789


 35 Milligan Street, Bunbury
WA 6230

*Call to enquire.

Milligan – Homegrown

 0481 207 789

 Tue, 1.00am - 2.00pm

 35 Milligan Street, Bunbury WA 6230

Food Access Map: Bunbury



Emergency food relief



Regular food relief



Reduced-priced
groceries



Community
garden/food swapping
group



Food vouchers



Food parcels/hampers

**See attached page for a map
of these services.*

Milligan – Really, Really Free Market/Cart


 0481 207 789


 Third Saturday of every month

 35 Milligan Street, Bunbury WA 6230

The Salvation Army

 (08) 9721 4519 or
(08) 9791 5200

 Mon, Tue and Thur, 9.00am - 12.00pm


 Cnr Bussell Hwy and Timperley Rd,
Bunbury WA 6233

*Call for appointment.


Thommo's Community Garden

 0428 969 868

 Mon - Fri, 7.00am - 11.00am

 Robertson Drive, Glen Iris WA 6230

Vinnies

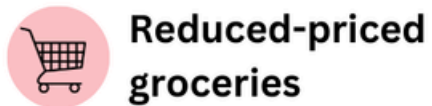
 1300 794 054 or (08) 9721 8859

 Mon, Wed and Fri 10.00am - 12.00pm

 1-2/30 Denning Rd, East Bunbury WA
6233

*Call to enquire about services.

Food Access Map: Bunbury



Please note, this map was developed in 2025.

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