

Food Relief Support

For families



Support options

What support looks like

Website

Nepean Blue Mountains Local Health District
Food Relief webpage

A list of local supports offering free or low-cost meals, food hampers and/or pantry items. Sorted by area (Penrith, Hawkesbury, the Blue Mountains and Lithgow).



Ask Izzy

Use 'Ask Izzy' to search for services you need right now and nearby. This can include food support, housing, financial support and more.



Foodbank
Find Food webpage

Use your suburb or postcode to find nearby food support services, including groceries, food vouchers, and ready-to-eat meals.



OzHarvest
NEST Program

A free 6-week program for adults to learn about healthy eating habits and simple, low-cost cooking through hands-on activities and shared meals.



Resource developed by the School Years team (April 2026)



Nepean Blue Mountains Local Health District

