

Food Relief Support For schools



Program	Support Provided	Website
Foodbank School Breakfast 4 Health Program	Provides free food to support schools to run a morning breakfast club. Orders available every 30 days.	
OzHarvest FEAST Program	A free 10-week curriculum-aligned cooking program that teaches nutrition, sustainability and food waste.	
Healthy Kids Project Fresh Fruit Friday	Access a free digital toolkit to help establish a partnership with a local business to supply a weekly fruit and vegetable box.	
Eat Up	Deliveries of individually wrapped cheese sandwiches every 3 weeks (easy to freeze, toast or defrost).	
Nepean Blue Mountains Local Health District Food Relief webpage	A list of free or low-cost meals, food hampers and pantry items. Sorted by area (Penrith, Hawkesbury, the Blue Mountains and Lithgow).	
The One Box	Weekly fruit and vegetable boxes distributed through local schools and community hubs to support local families.	

Resource developed by the School Years team (April 2026)



**Nepean Blue Mountains
Local Health District**

