



# Adelaide Food Relief & Emergency Assistance Guide

A gentle starting point for individuals, carers and families doing it tough. This guide brings together food relief, emergency support and practical community services available across Adelaide.

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## Foodbank SA

Emergency food hampers and low-cost groceries.

Website: [www.foodbanksa.org.au](http://www.foodbanksa.org.au)

Phone: (08) 8351 1136

## Vinnies SA

Food relief, emergency assistance and community support.

Website: [www.vinnies.org.au](http://www.vinnies.org.au)

Phone: 13 18 12

## Uniting Communities

Emergency relief, housing support and financial wellbeing assistance.

Website: [www.unitingcommunities.org](http://www.unitingcommunities.org)

Phone: (08) 8202 5110

## Anglicare SA

Support for families, emergency assistance and wellbeing programs.

Website: [www.anglicaresa.com.au](http://www.anglicaresa.com.au)

Phone: 1800 061 551

## Ask Izzy

Online search tool for food, housing, domestic violence and crisis supports.

Website: [www.askizzy.org.au](http://www.askizzy.org.au)

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