

Eat well to be well

You need to eat well to be well, but getting to the shops, finding everything you need and getting everything back home can make your grocery shop a challenge.

Our staff and volunteers are out at the shops and on the road Tuesday to Thursday to make sure your kitchen are well stocked. The support we provide depends on what you need, which may include help with;

- **Fruit & Vegetable Deliveries**
- **List shopping**
- **Meal preparation at home**

There is a small fee for most of our services.

** You may also be able to access one-to-one shopping with transport through our social support program*

*** You may also be interested in the door to door shopping bus of our community transport program*



South Eastern Community Connect

Food Services

Shop 84, Eastlakes Shopping Centre

Eastlakes NSW 2018

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**South Eastern
Community
Connect**



Food Services

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Fruit & Vegetable Deliveries

For this service we buy fresh, in-season produce, direct from the local suppliers and deliver it directly to your door and to elderly clients and those clients living with disability across Sydney.

We deliver fruit, vegetable or mixed boxes fortnightly at a cost of \$12 a box inclusive of delivery.

List Shopping

With this service you can telephone or email us your own shopping list, and we will do the shopping for you, pack your items and deliver them to you.

Meal Preparation

If you would like a hand preparing your food and cook up your meals we can help. One of our staff will be able to visit you in your home and help you prepare your meals.

My Aged Care

My Aged Care is a service of the Australian Government to help you find your way around the aged care system, and to give you choices, more control and easier access to a range of aged care services.

If you are aged 65 or older and wish to access aged care services for the first time, you will now need a referral from My Aged Care.

You are welcome to phone us to discuss your needs in the first instance or you can contact My Aged Care directly and nominate us as your preferred service provider. My Aged Care will then provide you with a referral to South Eastern Community Connect.

My Aged Care:
1800 200 422 or
myagedcare.gov.au

Who is South Eastern Community Connect?

South Eastern Community Connect is a charity that supports children, families, older people, carers and people with a disability to improve well-being and quality of life for all in our community.

We have been supporting the community for more than 35 years through services ranging from playgroups for young children to our dementia day centre and recreational groups and classes.

We provide quality and care in more than 13 languages for all members of our community.



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