



Please

# DONATE FOOD

to people in need!

Demand for food has doubled recently, with 500 households a month asking for food help at our community pantries. We will gladly accept donations of:

- ✓ **Everyday Meals**
  - Rice
  - Cous Cous
  - Instant Noodles
  - Pasta/Pasta Sauce
  - Packet Soup
- ✓ **Breakfast**
  - Long Life Milk
  - Soy/Almond Milk
  - Cereal
  - Sugar
- ✓ **Baby Needs**
  - Baby Formula
  - Large Nappies
  - Wipes/Creams
- ✓ **Spreads**
  - Vegemite/Honey/Jam
- ✓ **Hygiene and Toiletries**
  - Toilet Paper
  - Tissues
  - Toothbrushes/Paste
  - Soap/Liquid soap
  - Shampoo/Conditioner
  - Tampons/pads
  - Deodorant
- ✓ **Guten-free Foods**
- ✓ **Drinks**
  - Coffee/tea/hot chocolate
  - Juice
- ✓ **Tinned Food**
  - Tinned Vegetables
  - Tinned Fruits
  - Tinned meat/fish
  - Tinned soup
- ✓ **Cleaning Products**
  - Dishwashing Liquid
  - Laundry Powder
  - Disinfectant

**A donation bin is located at:**

Or visit [commsatwork.org/get involved](https://commsatwork.org/get-involved) to see a list of donation sites