

# SUPPORT YOUR COMMUNITY BY MAKING A DONATION

## ✓ **Everyday Meals**

Rice  
Couscous  
Flour: Plain, Selfraising,  
Beasan, Atta  
Chickpeas  
Lentils  
Instant Noodles  
Cooking Oil  
Pasta/Pasta Sauce  
Packet Soup

## ✓ **Tinned Food**

Tinned Vegetables  
Tinned Fruits  
Tinned Meat/Fish  
Tinned Soup

## ✓ **Breakfast**

Long Life Milk  
Soy/Almond Milk  
Cereal  
Sugar

## ✓ **Spreads**

Vegemite/Honey/Jam

## ✓ **Hygiene and Toiletries**

Toilet Paper  
Tissues  
Toothbrushes/Paste  
Soap/Liquid Soap  
Shampoo/Conditioner  
Tampons/Pads  
Deodorant

## ✓ **Baby Needs**

Baby Formula  
Large Nappies  
Wipes/Creams

## ✓ **Drinks**

Coffee/Tea/  
Hot Chocolate  
Juice

## ✓ **Cleaning Products**

Dishwashing Liquid  
Laundry Powder  
Disinfectant

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**PLEASE DONATE**  
to Communities at Work  
donation bins or centres.

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[commsatwork.org/donate-food](https://commsatwork.org/donate-food)