

Food For Families. Thanks to you.



Suggested Shopping List.

Food:

- Pasta, rice and noodles
- Flour, polenta and couscous
- Tinned tomatoes, pasta sauces
- Dried or canned beans, chickpeas and lentils
- Tinned tuna, salmon and ham
- Tinned soups, curries and vegetables
- Baby food, nappies and formula
- Spreads – e.g. jam, Vegemite
- Long life milk
- Tea, coffee, Milo and sugar
- Stir fry sauces and soy sauce
- Long life coconut milk and coconut cream
- Breakfast cereal and muesli bars

Household cleaning:

- Laundry powder or liquid
- Multipurpose cleaning products – sprays, toilet cleaner, etc.
- Dishwashing liquid, scrubs/steel wool
- Environment bags
- Bin liners

Personal hygiene:

- Deodorant (men and women)
- Shaving cream
- Razors (men and women)
- Sanitary items
- Shampoo, conditioner and soap
- Toothpaste and toothbrushes

Please remember to:

- Give undamaged, packaged, non perishable items
- Check the expiry date
- Make sure food is sealed
- Make sure the label is visible
- Get friends and family involved
- Share on social media
- Scan for your closest drop off location



Call us
1800 668 426

Visit
foodforfamilies.org.au



Uniting is the community services organisation of the Uniting Church in Victoria and Tasmania.



Uniting

How it works.



1. Donation drop off

Your generous donation arrives at our service.



2. Unpacking and sorting

Staff and volunteers unpack your donation and stock the pantry.



3. Warm welcome

People are greeted with care and respect.



4. Choice in the pantry

People choose food that suits their needs best.