

Shopping list

- Pasta, rice and noodles
- Flour, polenta and couscous
- Tinned tomatoes, pasta sauces
- Beans, chickpeas and lentils
- Tinned tuna, salmon and ham
- Soups, curries and vegetables
- Baby food, nappies and formula
- Spreads - e.g. jam, Vegemite
- Long life milk and cheese
- Tea, coffee, Milo and sugar
- Stir fry sauces and soy sauce
- Coconut milk and coconut cream
- Breakfast cereal and muesli bars
- Toothpaste and toothbrushes
- Shampoo, conditioner and soap

Please remember to:

- ✓ Give undamaged, packaged 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
- ✓ Check drop off locations

The journey of your **box**



People give non-perishable food and items. Donations are packed into boxes.



Boxes are dropped off or delivered to Emergency Relief Centres.



Emergency Relief centre volunteers sort through donated food and items.



People in crisis receive the donations. Food For Families. Thanks to you.

Food For Families. Thanks to you.

Help fill a box and give back.

foodforfamilies.org.au



FUND-Food For Families 2020-Brochure-v2



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



Uniting

What is Food For Families?

Food For Families is a way for you to be part of sharing joy this Christmas and throughout the year to come. By supplying food and other essential items, you can ensure vulnerable people facing crisis can access the basics they need to get through a difficult time.

In 2019, 73 tonnes of food and toiletries were pledged to help people in need. Although this went a long way to supporting families throughout the year, our pantries are running low and the demand for food relief has increased. Due to economic impacts of COVID-19 pandemic, the numbers of people reaching out for emergency relief support continues to increase.

There are lots of ways for you to be part of Food For Families this year. You can:

- donate non-perishable food and essential items.
- make a donation so we can purchase food on your behalf.
- help to stock our pantries throughout the year by giving a monthly gift.

“Participating in Food For Families has given my children a greater understanding of the struggles some people face in life.”

– Eileen, Food For Families supporter



Thanks to Eileen and her family who have been collecting food for 6 years.

Thanks to Eileen

Eileen and her family have been collecting Food For Families for 6 years now. Finding time to help others isn't always easy with three children, but Eileen has found Food For Families to be a simple and effective way to give.

Her children love knowing that the goods they donate support families in their local area, and Eileen loves the important lessons they learn by being involved.

Thanks to Epworth Hospital

The Academic and Medical Services team at Epworth Hospital are an incredible partner, collecting Food For Families across five sites in Melbourne.



Thanks to the AMS team at Epworth Hospital who collect across 5 locations.

Thanks to Mount View Primary School

Mount View Primary School have been part of Food For Families for an amazing 24 years. Each year the children get excited about donating, thinking carefully about what they will bring in. They are regularly in our top 5 school collectors.



Thanks to Mount View Primary School who have been collecting for 24 years.