

# 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.

Visit  
[foodforfamilies.org.au](http://foodforfamilies.org.au)



## Food For Families. Thanks to you.

Help fill a box and give back.



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 great way to get together to make a tangible difference to the lives of individuals and families experiencing hardship and crisis throughout the year. The program brings local communities together to donate non-perishable food and household essential items through collections at schools, workplaces, community groups, churches and by individuals.

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. Everyday we dig deeper to provide support when people need it most. We want to support everyone who comes to us for help – but we can't do it alone.

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 since 2014.*

## Thanks to Eileen

Eileen and her family have been collecting Food For Families since 2014. 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 team at Epworth HealthCare are an incredible partner, holding Food For Families collections at their sites across Melbourne and Geelong regularly throughout the year.



*Thanks to the team at Epworth HealthCare who collect across 9 locations.*

## Thanks to Mount View Primary School

Mount View Primary School has been part of Food For Families for over 25 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 over 25 years.*