

# 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.



Volunteers and corporate partners deliver boxes 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](http://foodforfamilies.org.au)



FUND-Food For Families-Brochure-FA2



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 2018, close to 50 tonnes of food and toiletries were distributed to families thanks to thousands of generous supporters. Those 50 tonnes only saw us through to July 2019, so we need to think bigger and bolder this year. We're increasing our target to 70 tonnes, which means we need you to get on board.

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
- host a collection drive
- be a community drop off point for donations
- give your time at a collection centre to sort and stack donated items.

**“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 six years.

## Thanks to Eileen

Eileen and her family have been collecting Food For Families for five 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 five locations.

## Thanks to Mount View Primary School

Mount View Primary School have been part of Food For Families for an amazing 23 years. Each year the children get excited about donating, thinking carefully about what they will bring in. Last year they collected more boxes than any other school in Victoria.



Thanks to Mount View Primary School who have been collecting for 23 years.