

Wish List

Preferred list of Foods for Donation

To assist us to better serve our clients, we have put together a preferred list of donated food items. We appreciate all items donated to us, but due to some circumstances some are more suited than others. The items below are used to put together Overnight Packs for singles and families experiencing hardship.



ITEMS		SIZE
LONG LIFE MILK		150ML
LONG LIFE MILK		1 LTR
COFFEE		ANY SIZE
TEABAGS		ANY SIZE
SUGAR		ANY SIZE
BAKED BEANS	RING PULL	420G
SPAGHETTI	RING PULL	420G
CHUNKY MEALS	RING PULL	500G
2 MINUTE NOODLES		ANY PACK SIZE
PASTA		500G
RICE		1KG
CANNED TUNA ANY FLAVOURS	RING PULL	95G
CANNED TUNA	RING PULL	425G
PASTA SAUCES ANY FLAVOURS		500ML +
CANNED VEGETABLES		425G
CANNED FRUIT ANY VARIETIES		425 G
CANNED FRUIT ANY VARIETIES		SMALL CAN
SANITARY PADS FOR WOMEN		ANY SIZE



Donations will be gladly accepted at our Bowden (77 Gibson Street, Bowden) or Marion (730 Marion Road, Marion) offices during opening hours.