



Donate Goods

Is your pantry looking a bit full? Donate your unused pantry items to us and we will distribute to those in need at no cost. Please contact us if you wish to donate things not on the lists below.

Tinned Goods

Tinned soup, baked beans,
spaghetti
Tinned Fruits & Vegetables
Tins of Tuna

Hygiene Products

Toothbrushes/Paste
Tissues
Soap, Shampoo,
Conditioner
Toilet Paper
Roll on Deodorant

Everyday Meals

Rice/Oats/Starches
Instant Noodles/Ramen
Packet Pasta/Spaghetti
Sauce Jars

Snacks

Vegemite/Honey/Jam/
Peanut Butter Jars
Juice Boxes
Muesli/Snack Bars
Dried Fruit/Popcorn
Chocolate/lollies

OPEN FOR DONATIONS

Thursdays and Fridays 10am-3pm

3/6 The Boulevarde, Toronto (behind LJ Hooker)

food@nourished.org.au

1800 37 11 66