



TESTIMONIALS

"I've got 4 kids, I'm a single mum, coming here gets me through the week"

"I'm so glad I came here, the young man working there was so lovely, patient and welcoming, he was very helpful and I was exceptionally pleased with the hampers I got, this is an awesome service"

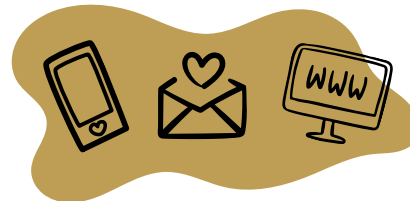
"The warmth and kindness I experienced at the door of NourishEd Australia blew me away. The volunteers were incredible, encouraging me every step of the way and reminding me that it's okay to seek help. I'm so grateful I found the courage to go in."

"I'm pregnant, about to give birth, and I have nothing. This food is keeping me alive"



CONTACT US

We would love to hear from you! Whether you are looking for support or wanting to volunteer, please reach out and have a chat to our friendly team.



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NourishEd Australia

Empowering Communities Through Food and Education



JOIN OUR COMMUNITY
Volunteer with us, or donate today.
Ask us how!



ABOUT US

NourishEd Australia is a charity dedicated to providing food and education support to the Lake Macquarie community. Our focus is on empowering individuals and families through access to nourishing food and educational resources.

We intend on using the daily need of food and pantry items as a catalyst for our guests to access further support and to engage in their community.

We aim to be a hub of help in Lake Macquarie and serve as a 'one stop shop' to our guests by hosting services, resources and workshops in our space.

Not many charity's goals are to one day become obsolete, however at NourishEd it is our goal to see all of the objectives in our mission statement carried out in each Australian community, one at a time – starting with Lake Macquarie. With your support we can make Australia 'the lucky country' once more for all Australians.

OUR MISSION



Eradicate starvation through rescuing food.



Provide educational support and services to the homeless and vulnerable.



To provide community and friendship that reintegrates vulnerable people back into society.



To reshape how practical help is distributed to our communities and help instill lasting change in the system and in the lives of our region's most vulnerable.

OUR SERVICES

We are building one service at a time to ensure that each one is done right. Please check our website and social media to follow our progress.

- **The Pantry**

Providing essential food items to those who need it most. The pantry is open at select times throughout the week.

- **The Kitchen**

The Kitchen project will provide ready-to-eat meals for those who attend. Days and times will vary as the project kicks off.

- **Recovery Groups**

We plan to host recovery programs for those experiencing addictions and adverse circumstances. Programs will include Alcoholics Anonymous, Gamblers Anonymous, Narcotics Anonymous, SMARTRecovery, and Family reConnect.

- **Education**

Our education project will host cooking classes, use-of-technology classes, finance literacy, and much more.

