

SUPPORT NOURISHED



ABOUT US

NourishEd Australia (Nourish: Food and Education Services Limited) is a local, grassroots charity that has recently been established to cater to some of our communities' deepest needs. We have the resources, skills and knowledge to provide essential support to our region's most vulnerable however, we need the financial support to make this service into reality. This is where you come in...

OUR MISSION

End starvation through rescuing food

Provide education, support and services to the homeless and vulnerable

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

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 nourished.org.au

 NourishEd Australia

 @nourished_au



26/11/2024

WHY WE EXIST

The main goal of our pantry project is to provide food and nourishment to as many people as possible by distributing rescued food that would have otherwise gone to waste. Our pantry will offer a wide range of food options, including fresh produce, pantry staples and protein rich items. The current cost of living crisis is impacting vulnerable individuals and families in an unprecedented way this century, and data shows households facing financial hardship tend to cut expenses on food first. This project aims to eradicate hunger and offer hope and compassion to those who need it the most.



Our guests will be able to fill up grocery bags full of food to provide for themselves and their families. Through accessing the support of NourishEd Australia, we hope to equip our guests with the skills they need to not only make but maintain change in their lives. Our floor and pantry teams will provide guests with empowerment, encouragement and connection that our guests can rely on when in difficult circumstances.

Our ultimate goal is to see no one left behind or without support, as too many in our community currently are.

Cost of Living



24%

Rise in dairy prices nationally in the last 12 months.



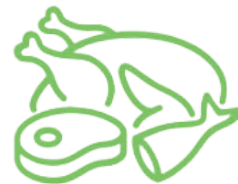
15%

Rise in bread prices nationally in the last 12 months.



45%

Rise in vegetable prices nationally in the last 12 months.



16%

Rise in meat prices nationally in the last 12 months.



27%

Rise in drink prices nationally in the last 12 months.

Source: <https://www.abc.net.au/news/2023-08-14/food-inflation-are-food-prices-going-to-go-down/102669270>

WHO WE HELP

At NourishEd Australia there are no pre-requisites to accessing support and anyone who needs help are welcome to join our community, while remaining as anonymous as they desire.

We aim to provide support to anyone who is underprivileged or disadvantaged by their circumstances. This includes but is not limited to:

- People experiencing homelessness
- VETS and families experiencing homelessness
- People at risk of homelessness
- People with mental illness
- People in financial hardship
- Refugees
- Victims of domestic violence
- People with substance abuse addictions
- Victims of crime



Largely, we expect our services to be attended by those who may have "fallen through the cracks" and are yet to access government or other support.

Lake Macquarie Stats



713

Estimated homeless people living in Lake Macquarie.



4.6%

Lake Macquarie's unemployment rate (4,662 people).



355

People living in impoverished dwellings in Lake Macquarie.



3,398

People in Lake Macquarie are on the Jobseeker Payment.



36.8%

Lake Macquarie residents are experiencing high rental stress.

Source: <https://www.abs.gov.au/census/find-census-data/quickstats/2021/LGA14650>

FUNDING OPTIONS



THE PANTRY

There are various unavoidable costs that are necessary for the day-to-day operations of our pantry. Your business can directly provide this frontline service to the community through sponsoring regularly or through a one off donation.



ESSENTIAL EXPENSES / PRATICAL NEEDS

NourishEd Australia have many practical costs - things that cost more than you think but we can't go without. Sponsoring some of our practical needs allows other funds to go directly into providing frontline support to the homeless and vulnerable of our community. Some of our practical expenses are rent, outgoings, photocopying, volunteer costs and guest support supplies.



GUEST SERVICES

We aim to become a 'hub of help' in Lake Macquarie through providing specialised short and long term support options. There are programs focusing on life transformation that we would love to fund that would have an incredible impact on the lives of vulnerable people in our community:

1. Social Work Program
2. Hot Meal Service
3. Medical Clinic



SPONSOR EVENTS/FUNDRAISERS

NourishEd Australia will run multiple events and fundraisers throughout the year. Sponsorships ensure all funds raised go towards the frontline of our services, not towards admin and expenses. Event sponsors also enjoy high levels of promotion and awareness towards local audiences and potential customers/clients!

WHAT WE NEED

NourishEd Australia wants to continue our work in the community and to do this, we need to secure ongoing financial support to launch ourselves into becoming Lake Macquarie's biggest homelessness service. For this to happen, we need your financial support.

We hope to secure enough funding that will allow us to run regular pantry services, a regular meal service, services such as hairdressing, chiro, podiatry, medical clinics, host government services like Centrelink Outreach, Link2Home, JobLink, etc. To create a safe space where our community can access internet, hygiene products, referral information, etc.

NSW Stats



37,715

People are experiencing homelessness across NSW.



45.6%

Of people experiencing homelessness in NSW are employed.



\$232

Average weekly grocery shop in NSW (highest in country).



20.7%

Average increase in NSW electricity prices in 2023.



19%

Could not pay mortgage or rent payments on time.

Source: <https://www.abs.gov.au/census/find-census-data/quickstats/2021/1>

IMPACT

- Provide nourishment and food to hundreds of individuals weekly.
- Support a new, local charity and help us
- Your donation will also demonstrate a vote of confidence that will encourage others to join our cause and contribute to our mission.

BUILDING A PARTNERSHIP

NourishEd Australia strongly supports the creation of mutually beneficial partnerships. Working with us is not a one-way street and we want our partners to reap the benefits of their own generosity and kindness.

By supporting us financially, you will not only be able to **claim it as a tax deduction** but you can be the driving force in providing a safe space where lives can transform, heal and help eliminate starvation and food insecurity in our community.

OUR APPRECIATION

Your generosity deserves to be celebrated and we plan on doing that through:

- Regular social media posts/stories
- Listed on our website under 'Our Sponsors'
- Speak at your events + provide testimonials
- Provide volunteering opportunities for your team
- Printed logo on our Sponsor Window at our shop
- This list is not exhaustive. If you have an idea, let us know!



Meet Evie*

ON THE STREETS FOR 11 YEARS

“Everyday is a choice between starving or homelessness. I have decided I’d rather have a full belly than a roof over my head. You get used to homelessness but you never get used to the hunger”.

My current way of food is begging, stealing and dumpster diving. I hate doing all of that, I want to eat without the embarrassment and judgy looks. Accessing help with food will free up heaps of time each day, time I can finally focus on getting off the streets.”



LET'S CHAT!

NourishEd Australia believes that **no gift is too small**. We believe that every cent is powerful and can contribute to our everyday and big picture goals. For example, \$3 is our rough estimate of what it costs for us to provide a meal for someone who has gone days without food.

We live in a world where it costs money to just exist, and unfortunately it also costs money to do good. Your contribution, no matter how small, stacks up with everyone else in our community who gives what they can. Together, it's people just like you who make all the difference to us and those that need our help.

YOUR support makes our operations possible. **YOUR generosity** will transform countless lives. We simply cannot thank you enough for even considering supporting NourishEd Australia. If you would like to work with us, please feel free to reach out at any time. Only together can we eliminate food insecurity and homelessness in our community.

This is an exciting opportunity not only for your business but for our region. Together we can 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 and at-risk.

If you would like to continue the conversation - please reach out to:

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