



Donate Goods

Donate unused/unopened/in date pantry items and we will distribute to those in need at no cost.

Tinned Goods

Tinned soup, baked beans,
spaghetti

Tinned Fruits & Vegetables
Tins of Tuna

Everyday Meals

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

Hygiene Products

Toothbrushes/Paste
Tissues
Soap, Shampoo,
Conditioner
Sunscreen
Roll on Deodorant

Snacks

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

OPEN FOR DONATIONS

Thursday to Saturday 9am-2pm

NEW LOCATION: 6E LEO LEWIS CLOSE, TORONTO

food@nourished.org.au

1800 37 11 66