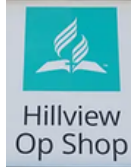


THANK YOU

SPONSORS



Transgrid



Rotary
Club of Toronto Sunrise



SUPPORTERS



WARM BLANKETS FOR EVERYONE



The Bikers Hand

sharethedignity

YOUR BUSINESS COULD BE HERE.
HELP US END HUNGER LOCALLY.

<https://www.nourished.org.au/donate>

PayID: donations@nourished.org.au

All donations over \$2 are tax deductible.

All funds stay local.





— 2025/26 — REPORT

**Empowering communities through
food and education.**

nourished.org.au

Publish Date: 01/09/2026

INTRODUCTION

PROUDLY SERVING LAKE MAC SINCE 2024

NourishEd Australia is a passion project for our community. We provide immediate and long-term support options to relieve the everyday pressures of our region's homeless, vulnerable, disadvantaged and at-risk populations. Our existence is made possible by the power of the people in our community. We use the daily need of food and pantry items as a catalyst for our guests to access further support and to engage in their community. Our team is committed to making a positive impact and fostering a thriving community.

We aim to be a hub of help in Lake Macquarie to our guests by hosting services, resources and workshops in our space.

VISION AND MISSION

VISION

To eradicate hunger, food insecurity and homelessness across Lake Macquarie

MISSION

1. Eradicate starvation through rescuing food
2. Provide educational support & services to the homeless & vulnerable.
3. To provide community & friendship that reintegrates vulnerable people back into society.
4. Instill lasting change within our community.



+

1.

BACKGROUND

NourishEd Australia was founded in December 2023 by Jeremy (27 at the time), his wife Mikki (25), her sister Clementine (19), and her partner Nic (19). What started as a casual conversation at Christmas lunch back in December 2023 sparked an idea which quickly blew into a flame. We settled on a name later that week and lodged our company application. We wanted to be a fully independent charity, not associated with any religion or institution so that the people we help would know that we have no other purpose than to help. No ulterior motives, no hidden messages, no secret plan, just people helping people. By mid-2024 we were a fully registered charity with tax-deductible status and 6 months of planning behind us. We started looking for a place to operate from and managed to open our doors in August 2024 at a small shop in the heart of Toronto.

We started with zero volunteers, zero social following, and over \$10,000 in debt. We had a rocky start - some weeks we saw only 12 people and had no help to prepare hampers, clean the shop, or advertise our services. But by Christmas that year, just 4 months later, we had about 10 volunteers, served over 350 people and distributed over 850 hampers (300 for free).

We have continued to grow exponentially, year after year. Our community needs us and we intend to be here to help, until we do our job so well that no one needs our help anymore.



OUR STATS

1ST JULY 2025 - 30th JUNE 2026

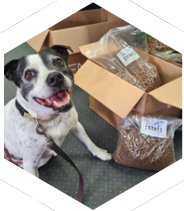


**Low Cost
Hampers**

1,210

**Free Open
Pantry**

5,824



**Free Pet Food
Packs**

1,043

**Free
Meals**

7,000



**Winter
Warmers**

103

**Free
Cafe**

3,918



**Free
Hampers**

511

**Conversations with
vulnerable people**

10,000+



Our core services include \$10 Recipe Based Grocery Hampers, \$5 Snack Hampers, a free open pantry consisting of fresh produce, frozen goods, bakery items, pantry staples and hygiene products, free meals, a free cafe that offers hot and cold drinks, free pet food, winter warmers during colder months and socialisation and friendship during every visit.

During Christmas & Easter periods we distribute hundreds of FREE hampers to our guests and local schools/organisations.

THE LOCAL NEED

1ST JULY 2025 - 30th JUNE 2026



71%

Increase in homelessness in Toronto between 2016-2021.



81%

Lake Mac residents facing 'high' rental stress.



55%

Lake Mac residents reported skipping meals.



12.3%

Lake Mac children living in poverty.

Sources:

ABS 2021 Census & NSW Council of Social Services 2025 Report

TOTAL VISITS TO NOURISHED (2025 vs 2026)

■ 2025 ■ 2026

Month	Total Visits		Increase
Jan	170	536	215%
Feb	216	462	113%
Mar	176	646	267%
Apr	178	650	265%
May	232	719	209%
June	254	561	121%
Total	1,226	3,574	192%

OUR VOLUNTEERS

Our work is completely fueled and driven by our volunteers. We are proud to host over 50+ volunteers who donate their time, skills and expertise volunteering on our service teams, as shift managers, couriers, outreach, events, admin and more. Whether packing hampers, preparing and serving meals, making coffees or welcoming guests, our volunteers are at the heart of our frontline service, delivering food, friendship and support to those who need it most.

Hundreds of hours go into our services each week donated by our volunteers. We are always looking for more volunteers to deliver and expand our services to the community.

50+

Volunteers

170

**Volunteer
hours per
week**

4+

**Equivalent of
4 full time
employees**



OUR GUESTS

We support people from all walks of life. Our service is designed to be welcoming, accessible and free from unnecessary barriers for anyone experiencing hardship. There are no applications, referrals or lengthy paperwork required to receive support. The hardest thing about accessing our support is walking through our doors - it takes courage and bravery to ask for help.

Our guests come from all backgrounds and walks of life. We support those experiencing homelessness, domestic violence, financial hardship, mental health and addiction challenges, VETS, First Nation Australians or simply anyone feeling lonely and lacking connection. We celebrate our guests wins, losses or draws.

We act as a bridge over troubling times and help our guests get to the other side. For some that's only a few visits, for others it's ongoing. We do not judge anyone who walks through our doors.

No two individuals are the same. All our guests are unique and have their own specific hurdles in life. Our personable approach helps build trust and connection with our guests and overtime they come to NourishEd for not only for food but for friendship too.



HOW YOU CAN HELP

NourishEd is a completely community funded and driven charity, we receive no government funding. We rely on our community to provide the support we need to keep our programs running and our doors open. Here are a few ways you or your business can help us.



01

SPONSOR US

Sponsoring our charities operations, a specific project of ours or one of our fundraisers or events is the greatest form of support a business could show us. We heavily rely on support from businesses meaning no amount is too small or too large.



02

REGULAR GIVING

By becoming a regular giver, you join a small group of generous donors whose weekly, fortnightly or monthly support bring us the financial stability to grow and add to our services and increase our impact on the lives of our guests.



03

FUNDRAISE FOR US

Whether they be trivia nights, live music, bake sales, markets, morning teas, dinners, sport days, BBQ's there really is no limit for what can be held as a fundraiser for NourishEd Australia.



04

DONATE GOODS

NourishEd Australia distributes countless supplies daily and requires the regular donations of goods to ensure our pantry keeps running. We can only distribute what we have. Donating unsold stock is another fantastic form of support.



05

HOST A DONATION TERMINAL

We love the generosity behind the donation of loose change and spare dollars. We also love the generosity of local businesses who allow us to host a donation bucket or a tap terminal at their point of sale.



06

PROMOTE US

Awareness is key to not only gaining support but to reach individuals who may need our help. You could, hang up one of our posters, reshare our posts on your social media or run a promotional campaign with us. There are endless ways you can promote our work without costing you a cent.



START WITH COFFEE?

All good things start with a chat. We're here to listen to all your questions, comments, and ideas. Our aim is to collaborate with you in exploring how your business can best support our work and make a significant difference in our community. By backing NourishEd Australia, your business not only showcases its dedication to social responsibility and community solidarity but also resonates with the values of empathy and philanthropy. Your business's support will create a lasting impression on the most vulnerable members of our communities, offering them hope for the future. On behalf of our team, we are honored and grateful for your consideration and hope to connect with you soon.

LOOKING AHEAD 2026/27

Demand for NourishEd's services grew exponentially throughout the 2025/26 financial year, with an average of 160-170+ people turning to us for support each week.

As demand continues to grow, so does our vision. Our goal is to develop NourishEd into a true Hub of Help - a welcoming place that not only responds to immediate needs such as food insecurity and hardship, but also connects people with the services, relationships and opportunities that can support long-term wellbeing and stability.

Throughout the 2026/27 financial year, we aim to:

- Introduce a **fourth weekly service day**.
- Launch a weekly Orange Sky **laundry service**.
- Launch our community **hairdressing program**.
- **Grow our volunteer family** to more than 80 people.
- **Build new partnerships** with schools, charities, businesses & government agencies across the Hunter Region.
- Expand our **community café**.
- Increase our **weekly meal production**.
- Welcome **external support services** into our dedicated service rooms, making it easier for guests to access assistance in a familiar and trusted environment.
- **Host peer-support and recovery programs**, including AA, NA and GA meetings.
- Have **more conversations & build more friendships** with vulnerable people.

Our growth is about more than increasing numbers. It is about creating a place where people can walk through the doors, receive the help they need today, and find the connection and support they need for tomorrow.

