



# FOOD BANK

## Jesuit Refugee Service Australia

JRS Australia provides vital support to over 150 households each week through our Foodbank program, providing food and essentials to families who would otherwise have nowhere to turn. With your help, we can ensure that no family has to choose between paying rent and putting food on the table.

The below is our list of essentials for this month:

### FOOD ITEMS:

- Canned Coconut milk
- Canned Condensed milk
- Salt
- Canned Corn
- Canned Veggies
- Dry Chickpeas
- Dry Red Lentils
- Canned Red or Black Beans
- Canned Lentils
- Sweet biscuits and savoury snacks

### ESSENTIALS:

- Shampoo &
- Conditioner
- Soap
- Deodorant
- Shaving cream
- Nappies size 4,5,6

**Gift vouchers \$25 & \$50 from Coles, Woolworths also enable families to choose the items they need most**

**Thank you for supporting refugees and people seeking asylum in our community, who need your help now more than ever**