



**Friends
with Dignity**
AUSTRALIA



All Items must be
new and
unopened

Food Drive

PLEASE DONATE TINNED AND
PACKAGED FOOD THAT IS IN DATE

- › Tinned Food (e.g.: soup, vegetables, baked beans, fruit)
- › UHT Milk and Juice
- › Pasta, Pasta Bakes, Pasta Sauce, Pasta Packets
- › Rice, Lentils, Chickpeas
- › Tea, Coffee, Milo
- › Sugar, Flour
- › Breakfast Cereal, Muesli Bars, Snack Bars
- › Biscuits; sweet and dry
- › Lollies

Step Up ♡ Speak Out ♡ Support!

ABOUT FRIENDS WITH DIGNITY

Friends with Dignity is a volunteer based not for profit registered charity that provides practical programs to assist survivors of domestic violence in collaboration with refuge and crisis centres.

CONTACT INFORMATION



Call us:
Ph: 1300 512 393



Visit our website:
friendswithdignity.org.au



To donate:

donate@friendswithdignity.org.au
for individual donations

community@friendswithdignity.org.au
to organise a workplace or
community drive



Contact:
PO Box 154 Hamilton
NSW 2303
PO Box 5527,
Q Super Centre,
Mermaid Waters QLD 4218

