



**Friends
with Dignity**
AUSTRALIA



Food Drive

ITEMS WE NEED DONATED FOR CURRENT AND FUTURE PROJECTS

- Tinned food
- UHT milk and juice
- Pasta, pasta bakes, pasta sauce and pasta packets
- Rice, lentils and chickpeas
- Tea, coffee and milo
- Sugar and flour
- Cereal, museli bars
- Biscuits; sweet and dry
- Lollies
- Snack bars

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.

ALL ITEMS MUST BE NEW AND UNOPENED

CONTACT

☎ 0491 797 973

✉ info@friendswithdignity.org.au

📍 PO Box 5527 Q Super Centre 4218

📍 PO Box 154 Hamilton 2303

DONATE

donate@friendswithdignity.org.au for individual donations

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

CONNECT

📷📺📱 [friendswithdignity](https://www.facebook.com/friendswithdignity)

🌐 [friendswithdignity.org.au](https://www.friendswithdignity.org.au)



Step Up ♡ Speak Out ♡ Support!