

EMPOW+R
AUSTRALIA

GIVE HUNGER THE BOOT!



Join the fight against
food insecurity and
**Give Hunger
The Boot!**

Join Empower Australia in its mission to help the most vulnerable members of the community. We are collecting donations of non-perishable food items, toiletries, baby products and other essential supplies. **Simply drop off your donation at one of our 5 food relief centres located across Melbourne and Geelong.**

Together we can bring relief to individuals and families who are experiencing food insecurity and **Give Hunger The Boot!**

SHARE   

#GIVEHUNGERTHEBOOT

@empower_australia



**SCAN TO
GET INVOLVED!**

empoweraustralia.com.au



1-30 April 2024

How Does it Work?

STEP 1

Fill your car boot with essentials!

As you go about your daily shopping, add extra essentials to your trolley such as non-perishable food items, baby products and toiletries.

STEP 2

Drive to an Empower Australia food relief centre.

You can drop off your donations at any of our 5 food relief centres located around Melbourne and Geelong. For more information about the locations and operating hours, please visit our website.

STEP 3

Snap and spread the word on social media.

Encourage your friends, family and colleagues to join you in making a difference. Share images of your donation on social media using the hashtag

#GiveHungerTheBoot

What Can You Donate?

Empower Australia accepts **non-perishable food items that are within a period of at least three months before the 'Best Before' or 'Use By' date.** All donations should be unopened and in the original packaging with full ingredient and allergen listing on the labels.

Some of our most in-demand items include:

- UHT long life milk / Non-dairy milk
- Breakfast cereals/oats
- Spreads (peanut butter, jam, etc)
- Canned fish/meat (tuna/spam)
- Simmer sauces / recipes bases
- Sauces (tomato, bbq, soy, etc)
- Snacks (chips, cookies, chocolate)
- Baby Products (nappies, wet wipes, etc)

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