

EMPOWER+R
AUSTRALIA

GIVE HUNGER THE BOOT!



1-30 April 2024

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. Throughout the month of April, 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)

EMPOWER + R
AUSTRALIA

Office 412-430 City Road, Southbank VIC 3006 Phone +61 (03) 9896 7999

www.empoweraustralia.com.au