



# JRS Foodbank

During these unprecedented times, refugees and people seeking asylum in the community need your help more than ever. Non-perishable food, toiletries and financial donations are desperately needed and appreciated.

## Food items:

- Basmati Rice
- Cooking Oil
- Long life milk
- Tinned tuna, red kidney beans, lentils, chickpeas and fruit
- Biscuits and muesli bars
- Oats and cereal

## Toiletries:

- Nappies (large sizes)
- Toothpaste and toothbrushes
- Shampoo
- Sanitary pads and napkins
- Razors and shaving foam
- Deodorant (male & female)
- Soap

## Thank you for walking with us at this critical time.

We provide emergency payments and food to hundreds of individuals, including children to pay for rent and life-saving medications. These people do not have access to Centrelink, Medicare, the Pharmaceutical Benefits Scheme so your support is critical.

For more information, please contact  
**foodbank@jrs.org.au**  
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