



# HOUSE OF WELCOME Food Bank

Foodbank provides household necessities for people seeking asylum who have limited or no income.

People can access groceries on a weekly basis to alleviate the cost of living. The Foodbank program is largely stocked through the generosity of people in the community. No contribution is too small.

Contact:  
[office@houseofwelcome.com.au](mailto:office@houseofwelcome.com.au) 197  
The Trongate, Granville  
Ph: 02 9727 9290  
[stfrancis.org.au/house-of-welcome](http://stfrancis.org.au/house-of-welcome)



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### Great food items to donate include:

- Cooking Oil (750ml)
- Long Life Milk (1L)
- Sugar
- Flour
- Canned Fish (Tuna)
- Canned Tomatoes
- Canned Chick Peas
- Basmati Rice
- Canned corn (not creamed)
- Canned peas and carrot
- Biscuits (sweet and savoury)
- Canned fruit (peaches, pears, pineapple, apricot)
- Tea & Coffee
- Honey, Jam
- Instant Noodles
- Salt, Pepper & Cooking Spices
- Packets of dry lentils (orange/brown)

### Non-Food Items:

- Nappies (larger sizes—walker/junior)
- Toothpaste/Toothbrushes
- Laundry detergent
- Dishwashing Liquid
- Shampoo/conditioner
- Soaps
- Cleaning Products & Cloths
- Deodorant (men's and women's)
- Sanitary Pads (not tampons)
- Razors & Shaving Cream
- Toilet Paper
- Aldi/Woolworths/Coles vouchers

**(Please no soup, baked beans or tinned spaghetti)**

To run a food drive or to enquire what the current food shortages are; Please contact the office on:  
[office@houseofwelcome.com.au](mailto:office@houseofwelcome.com.au)  
 or phone: 02 97279290

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