



FEED IT FORWARD!

FILL SOME BELLIES & FILL YOUR HEART

Donate to the Auckland City Mission's emergency food service.

We believe that there is enough food in this country that no-one should ever go hungry, but currently one in five Auckland families are struggling to put food on the table.

Thanks to the generous support of people like you, the Auckland City Mission distributed 45,000 emergency food parcels last year. We are very grateful for donations of the following items to include in our food parcels.

- Tinned vegetables, such as tomatoes, corn, peas or beans
- Tinned soup
- Baked beans and tinned spaghetti
- Tinned fruit
- Tinned fish or meat
- Pasta sauce
- Spreads, such as jam, peanut butter or honey
- Muesli bars
- Rice
- Pasta
- Flour
- Breakfast cereal
- Sugar
- Tea bags
- Baby food
- Nappies
- Toilet rolls
- Soap and shampoo
- Tampons and sanitary pads
- Deodorant

Our emergency food parcels provide enough nutritious food to feed a family of four, for up to four days.

Each food parcel contains meat, dairy products, bread, fresh fruit and vegetables, as well as a range of pantry staples such as pasta, rice, tinned vegetables, tea, flour and cereal.

You can drop your collection at our Distribution Centre on Monday to Saturday (9am-3pm), or contact the team at Distribution to arrange for one of our drivers to pick up your collection.



Auckland City Mission Distribution Centre:

- 15 Auburn Street, Grafton
- 09 377 4322
- distribution@aucklandcitymission.org.nz