

# EMPOWER

# FOOD RELIEF

## DONATION LIST

*Please ensure donation of food items are at least 3 months before expiry.*

### FOOD

- Bags of rice
- Breakfast cereal
- Cooking oil
- Flour
- Long-life milk
- Pasta
- Pasta/meal sauces
- Sugar
- Tinned fruit
- Tinned meat  
(fish/chicken/ham)
- Tinned soups
- Tinned vegetables
- Tomato paste

### TOILETRIES

- Toothpaste
- Soap / Body wash
- Shampoo
- Conditioner
- Toilet paper

### BABY SUPPLIES

- Nappies  
(Varied sizes)
- Baby wipes
- Baby food
- Baby formula

### KITCHEN PRODUCTS

- Dishwasher tablets
- Dishwashing liquid

### LAUNDRY PRODUCTS

- Washing powder/  
liquid

## THANK YOU FOR YOUR GENEROSITY

If you know of any businesses that would like to partner with Empower, please email us at [info@planetshakersempower.com](mailto:info@planetshakersempower.com)

[www.planetshakersempower.com](http://www.planetshakersempower.com)