

DONATE HERE TO HELP TASMANIANS DOING IT TOUGH

MOST NEEDED ITEMS

- Canned fruit, vegetables, fish, soups and meals
- Dried fruit and nuts
- Sauces and seasonings
- UHT milk and juices
- Coffee, tea and spreads
- **Rice, pasta and noodles**
- **Cereal**
- **Shampoo** and conditioner
- **Soap and deodorant**
- Dental floss, toothpaste and toothbrushes
- **Tissues and toilet paper**

DONATION GUIDELINES

- \checkmark Within best before date
 - ✓ Unopened packaging
- ✓ Has ingredient/allergen listing



Feminine hygiene products

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