



## Emergency Food Relief Items Requested

Breakfast Cereal

Instant Noodles Cup / Packet

Rice

Pasta / Pasta Sauce

Tinned Fish – Tuna, Salmon

Tinned meats – Spam

Tinned Vegetables – Carrots, Beans, Corn, Peas and Mixed Vegetables

Tinned Fruits – Peaches, Pears and Pineapple

Baked Beans

Tinned Spaghetti

Biscuits / Crackers

Tinned / Packet Soup

Vegemite / Peanut Butter / Jam

Long Life Milk

Tea Bags

Small Jars of Coffee

Sugar Sachets

Toilet Paper

Pet Food

Personal Hygiene Items – Soap, toothpaste toothbrushes, deodorant, shampoo, conditioner, razors, feminine hygiene items

***\*Please note tins with ring pull openings are preferred***

**Contactless drop off Monday to Friday 9am-4pm:**

**Presbyterian Aged Care - North Ryde Community Aid**



Presbyterian Aged Care  
North Ryde Community Aid

4 Cutler Parade, North Ryde  
Ph: 9888 3380



Presbyterian Aged Care  
North Ryde Community Aid