



Refugee and Asylum Seeker Support Packs

Help keep this valuable assistance going by donating any of these items.
TAR will arrange distribution to families living in Geelong.

Tinned food:

Kidney beans, Chickpeas, Butter beans, Cannellini beans
(**NO** baked beans, tinned soup or tinned spaghetti please)
Tomatoes
Tuna
Coconut milk, Coconut cream
Tinned fruits e.g. pineapple, apricots, peaches, pears, mangoes.

Dried pulses & grains:

Red lentils, Green lentils, Basmati Rice.

Various Items:

Vegetable oil, Sunflower oil
Tea bags
Desiccated coconut
Plain flour, White sugar, salt
Jam
Sweet biscuits
Long life Milk,
Breakfast cereals

Spices:

Turmeric, chilli powder, ground coriander, ground cumin, cinnamon sticks, green cardamom pods
cumin seeds, coriander seeds, fenugreek seeds, fennel seeds, black mustard seeds, curry leaves
Garlic, ginger

Toiletries:

Soap, toothpaste, deodorant, shampoo, tissues, toilet paper

Detergents:

Laundry powder, dishwashing liquid, toilet cleaner (eg Harpic), Chux superwipes

Vouchers:

Food vouchers for Woolworths/Coles are useful as it enables meat, fresh fruit & vegetables to be bought.

Gift vouchers for K Mart are also useful as it enables new clothing & footwear of individual sizes and preferences to be selected by the recipients, giving them a sense of personal choice and dignity.

Thank You for your support!