



# ASYLUM SEEKER FOODBANK

Queenscliff RAR assists refugees and people seeking asylum by providing support to the Asylum Seeker Foodbank @The Welcome Place in Geelong.

Help keep this valuable assistance going by donating any of the listed items into the QRAR Foodbank container at:

- Queenscliff Uniting Church foyer, Hesse St, Queenscliff.
- the Queenscliff Neighbourhood House, Tobin Drive, Queenscliff

## FOOD ITEMS

Chickpeas (dried or tinned)  
Lentils (red/ brown/ green  
- dried or tinned)  
Red kidney beans (dried or tinned)  
Basmati rice  
Canned tuna (sustainable fishing brands)  
Dried spaghetti noodles  
Tins of chopped tomatoes (plain)  
Tomato paste  
Coconut milk  
Sultanas  
Dates  
Dried apricots (Turkish style)  
Nuts - Raw almonds, pistachio, cashew  
Tea (bags or loose leaf - black or green -  
not Dilmah brand for ethical reasons)  
Sunflower oil or other vegetable oil  
Coffee  
Plain Flour  
Sugar  
Honey  
Packets of sweet biscuits  
Long life milk  
Jars of minced garlic  
Jars of minced ginger  
Jars of minced chilli

## SPICES:

Turmeric, chilli powder; dried chillies, ground coriander; ground cumin, cumin seeds, fenugreek; fennel; black mustard seeds; cinnamon sticks; curry leaves, green cardamom pods, dill, sweet paprika

## TOILETRIES & CLEANING PRODUCTS:

Boxes of tissues  
Soap  
Hand wash  
Shampoo  
Deodorant  
Sanitary pads (not tampons)  
Toothpaste  
Toilet paper  
Laundry powder  
Dishwashing detergent  
Toilet/bathroom cleaner  
Cleaning cloths and dishwashing sponges

## VOUCHERS:

**Gift vouchers for K Mart** are very useful - they enable new clothing & footwear of individual sizes and preferences to be selected by the recipients, giving them a sense of personal choice and dignity.

**Supermarket vouchers are great** - they enable yogurt, fresh meat, eggs, fruit, vegetables and other perishables to be bought.

**Myki cards** with money loaded

Post vouchers to Queenscliff RAR, PO Box 52,  
Queenscliff 3225

*This list has been compiled to ensure that we only collect items that are culturally appropriate and needed. Please check that donated items are within their 'use by' date and unopened.*

**Thanks for your support.**