



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.