

## Food donation guidelines



The ASRC Foodbank provides food security for people seeking asylum. The food we provide is healthy, nutritious, and culturally appropriate for our member cohort. We also provide personal and household essentials such as shampoo, dishwashing liquid, laundry powder and toilet paper.



A high percentage of the people we support are of Middle Eastern, Asian, African, Pacific Island origin. As such, the foods many of us consider to be pantry staples (such as baked beans or tinned soup) are not culturally recognised or accepted by our members.

While the risk of COVID-19 remains in the community, we are distributing food in pre-assembled packs. The standardised nature of these packs means that we are unable to include food donations inconsistent with these pack contents.

We have created a shopping guide of our most needed items. By sticking to this list, you can be assured that your food donation will be included in our food packs and will go directly to the people you want to support.

## Shopping guide: our most-needed items



- Tuna in oil 400g
- Tinned tomatoes 400g
- Tinned vegetable *peas, corn, carrots*
- Tinned legumes *chickpeas, lentils, red, black & white beans*
- Coconut cream
- Honey *small bottles*
- Sweet or savoury biscuits
- Black tea bags
- Pasta 500g packs *penne, spirals, shells*
- Full cream UHT milk 1 litre
- Soap bars
- Dishwashing liquid 1 litre
- Shampoo
- Conditioner
- Buy sanitary pads through [Tsuno](#)

## Expiry dates and packaging

Please check that the food you donate is within expiry date. To respect the dignity of our members, and also to comply with Victorian health regulations, we cannot accept items that are past their use-by or best-before date, or have damaged or open packaging. Any such food will be disposed of, which incurs an expense for the ASRC.

### Other items to avoid:

- Baked beans and tinned spaghetti
- Canned or packet soups
- Highly processed, ready-made meals such as packaged mac and cheese
- Sweets, soft drinks and chips
- Bottled pre-made sauces and condiments
- Tampons