

1 – 30 APRIL 2025

GIVE HUNGER THE BOOT!



JOIN THE FIGHT AGAINST FOOD INSECURITY

Join Empower Australia in its mission to help the most vulnerable members of the community. Throughout the month of April, we are collecting donations of non-perishable food items, toiletries, baby products and other essential supplies.

Simply drop off your donations at one of our 5 food relief centres located Melbourne and Geelong.

Together, we can bring relief to individuals and families experiencing food insecurity and **Give Hunger The Boot!**



Scan for more info



@empower_australia
#Givehungertheboot

EMPOWER + **R**
AUSTRALIA

How does it work?

STEP 1

Fill your car boot with essentials

As you go about your daily shopping, add extra essentials to your trolley such as non-perishable food items, baby products and toiletries.

STEP 2

Drive to an Empower Australia food relief centre

You can drop off your donations at any of our 5 food relief centres located around Melbourne and Geelong. For more information about the locations and operating hours, please visit our website.

STEP 3

Snap and spread the word

Encourage your friends, family and colleagues to join you in making a difference. Share your donation on social media using the hashtag **#GiveHungerTheBoot**



What can you donate?

Empower Australia accepts **non-perishable food items that are within a period of at least three months before the 'Best Before' or 'Use By' date.** All donations should be unopened and in the original packaging with full ingredient and allergen listing on the labels.

Some of our most in demand items include:

- UHT long life milk / Non dairy milk
- Breakfast cereals / oats
- Spreads (peanut butter, jam, etc)
- Canned fish / meat (tuna / spam)
- Simmer sauces / recipe bases
- Sauces (tomato, bbq, soy, etc)
- Snacks (chips, cookeis, chocolate)
- Baby products (nappies, wet wipes, etc)

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