



**Samaritans**  
*Emergency Relief*

*A small donation of food or cash can make a massive difference...*

**Samaritans** has used all of their non-perishable food reserves and they **need your help** to restock the shelves.

### Toiletries / Cleaning

- Nappies
- Baby wipes
- Toilet paper
- Toothpaste
- Toothbrush
- Soap
- Deodorant
- Shampoo/conditioner
- Shaving gear (cream/razors)
- Toiletry bags
- Moisturiser
- Hand towel/washer
- Clothes washing powder
- Bathroom cleaning products
- Kitchen cleaning products

### Non-perishable Food Suggestions

- Cereal
- Long-life milk
- Pasta
- Pasta sauce
- Rice
- Tinned meals
- Soup (packet and tin)
- Baked beans
- Spaghetti
- Tea
- Coffee
- Snacks for children's lunchboxes
- Tinned fruit
- Tinned vegetables
- Spreads (jam, vegemite)
- Tinned tuna/salmon
- Pet food

**Please help today your donation is so important**

**Phone - 1300 656 336 Fax - (02) 4960 7160**

**Or just go to our Website [www.samaritans.org.au](http://www.samaritans.org.au)**