



MAMA LANA'S COMMUNITY FOUNDATION

KINDNESS WITH NO STRINGS

Donations of non-perishable items (unopened and in date) are gratefully received and can be dropped to 'The White House' 56 Woodruff Street, Penrith during the following times:

- Monday, Wednesday, Friday and Saturday (5.00 pm to 8.00 pm) OR
- Tuesday and Thursday (9.00 am to 8.00 pm)

Grocery items for meals

- Sauces: sweet chilli, tomato sauce, bbq sauce, soy sauce, Worcestershire sauce, mustard, pickles, Passatta/tomato puree bottles, tomato paste, diced tomatoes
- Pastas: penne dry pasta or rigatoni
- Rice: basmati
- Stock: vegetable, beef and chicken liquid stock
- Condiments: cooking & table salt, olive oil, vegetable oil, pepper

Items for hampers and food packs

- Canned food (ring pull please) such as:
 - Baked beans
 - Spaghetti
 - Hotpot/chunky soups
 - Tuna and tuna in oil
 - Tinned fruit: 2 fruits, peaches, pears, fruit salad etc
- Long life milk (small & large), Up & Go breakfast liquid breakfasts
- Breakfast cereals
- Hot drinks: tea bags, coffee, Milo
- Snacks: Le snacks, muesli bars, biscuits
- 2 minute or cup noodles
- Drinks: poppers, bottled water, cordial.

Cooking/serving items

- Wraps: Foil, Glad Wrap, Baking Paper
- Disposable cutlery, plates , bowls, cups
- Plastic takeaway containers
- Recycle carry bags and cooler bags,
- Serviettes,
- Large Zip Lock bags.

Personal care items

- Deodorants - male and female
- Razors - male and female
- Roll on Aeroguard or Off Spray
- Combs/brushes
- Toothbrushes & toothpaste
- Hand soap
- Hand/body lotion
- Band-Aids
- Shampoo & conditioner
- Shaving cream
- Shower gel – male and female
- Sanitary products.