

Thank you for your interest in supporting members of the community this Mitzvah Day with donations of much needed food items.

A little about us

Port Phillip Community Group (PPCG) is a small, not-for-profit community group. We provide services to individuals and families from a wide range of backgrounds and with a diverse set of needs. People using our services may be managing multiple and complex issues such as mental and physical health needs, housing insecurity, family violence, chronically low income, drug and alcohol dependency, and unemployment.

We are currently operating a program, *Share the Food*, which supports people within the community who are struggling to support themselves as a result of the impacts of COVID or due to chronic hardship. You can find [more information on this program on our website](#).

To help with some ideas of how to support during this year's Mitzvah Day we have put together a short but handy list below. These items are included in bags that we prepare and share with individuals in varying circumstances. These items are always in demand, however we often run out of them as our budget is very limited. Every item is immensely appreciated by us and the people who receive them as part of their support package.

Suggested items (in order of demand)
Tuna (ring pull top for those without can opener)
Canned fruit (410g cans)
Fruit in cup (pack of 4-6)
Muesli bars
Chunky soup (535g cans)
Belvita breakfast biscuits (pack of 5)
Baked beans (400g cans, pull top if possible)
Spaghetti in tomato sauce (400g cans, pull top if possible)
Vegemite (150g jars)
Peanut butter (150g jars)
Up & Go vanilla or choc (pack of 6 x 250 ml)
Sweet biscuits packs
Full cream milk (pack of 6 x 200 ml)

For any questions or to make your donation please contact us on 8598 6600 or via info-support@ppcg.org.au

From all of us at PPCG and the community members with whom we work, our sincere and heartfelt thanks for your support.



