## You can help!

## BUY ONE EXTRA FOR BELLYFUL

Each month Bellyful branches cook over 100 meals to feed whānau in their local community.

We would love you to help Bellyful fill more bellies by donating ingredients that we can use at our Cookathons or can accompany our meals to make them extra filling and tasty.





## **WE NEED THESE PLEASE!**

We love any sort of pasta or pre-cooked rice. Any supermarket gift card is super useful for us too!











These ingredients can be used by all Bellyful branches.

To donate and to see how your donations are being used, or for further information, contact your local branch via www.bellyful.org.nz or Facebook.