



Friday Food Help 9:30-11:30

152 Coxs Rd North Ryde—Opposite IGA / Coxs Rd Mall Bus Routes—Next to 288 and 506, 300m walk to 410

COVID SAFE

<u>FRESH FOOD ONCE A</u> <u>MONTH</u>

(20 Aug, 17 Sept, 29 Oct, 26 Nov)

Bread, Eggs, Fruit, Veg—Depends on availability

Donation if possible — \$2 / bag

PANTRY FOOD—Every Friday

(Cereal, long life milk, tinned food, cooking needs, staples)

Donation if possible—\$10/bag



