



BRINGING HOPE

Items List



Items List

Monash Waverley Community Information & Support (MWCIS)

MWCIS offers food parcels to those in need in our community. We aim to provide non-perishable foods suitable for breakfast, lunch and dinner.

We welcome donations of food that are in demand and that are not too near or past their expiry dates.

Popular foods for food parcels:

- Breakfast cereal (especially low-sugar whole-grain cereals)
- Long life UHT milk
- Canned or dried soup
- Small cans of tuna
- Noodles/Rice
- Pasta sauce
- Canned baked beans/canned spaghetti
- Canned vegetables/canned meat (e.g. chicken, stew)
- Canned fruit
- Small packets/jars of tea/coffee
- Vegemite/peanut butter