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Dear Friend,

We know that you and many others in our country are doing it tough right now.

We understand recovery from difficult situations takes some time which is why we're working with the Government, food and grocery sector donors, and our charity partners, to provide ongoing food and grocery assistance not only now, but right throughout this challenging time.

That's why we're distributing these emergency hampers, that contain a range of essential items, as a way of showing our support.

We understand that one hamper is just the beginning, but I want you to know we're in this for the long haul. That's why I encourage you to give us a call on (02) 9756 3099, so we can let you know how to access more food when you need it.

Also, if you're willing to share your feedback or tell us more about what you're going through, we'd be grateful for the opportunity to better understand your situation and how we might be able to support you. You can email me directly at john@foodbanknsw.org.au. You can also scan the QR code below and tell us more about your situation, provide feedback or request more food relief.

If you're struggling with your mental health I'd encourage you to please reach out for help to Beyond Blue (1300 22 46 36) or Lifeline (13 11 14).

Warm regards,

A handwritten signature in blue ink, appearing to read "John Robertson".

John Robertson
CEO, Foodbank NSW & ACT

