SOUL CAFÉ FOOD DONATION LIST

Soul Cafe provides hundreds of meals a week to disadvantaged members of the Newcastle community, many of whom are homeless or tackling difficult drug, alcohol, abuse or criminal challenges. These meals provide an avenue for Soul Cafe staff and volunteers to connect with the vulnerable and provide them with other services or support they may require.

Soul Cafe receives many generous food donations that enable the cafe to continue providing meals. Below is a list of foods that Soul Café use however all food donations are welcome.

Dry Goods	Protein
1. Sugar	23. Mince
2. Tea	24. Sausages
3. Coffee	25. Chicken
4. Milo	26. Slow cook cuts of beef
5. Baked Beans (ring pull cans)	27. Eggs
6. Spaghetti (ring pull cans)	28. Bacon
7. Tinned Tomatoes	29. Yoghurt
8. Tomato paste	30. Cheese
9. Tinned Fruit	
10. Condensed Milk	**Vegetables**
11. Custard Powder	31. Carrots
12. Powdered milk	32. Potatoes
13. UHT Milk	33. Zucchini's
14. Pasta	34. Eggplant
15. Tins of Soup (Chunky type)	35. Tomatoes
	36. Celery
	37. Capsicums
	38. Onions

Fruit	Other Pantry Items
16. Bananas	39. Garbage Bags (55-65 litre)
17. Oranges	40. Serviettes
18. Apples	
19. Grapes	
20. Pineapples	
21. Rockmelon	
22. Honey dew melon	

Food can be delivered to Soul Café Monday to Thursday between 9am and 4pm or arrange a delivery time by calling the office (02) 4926 1758.

Newcastle Cafe & Administration Address: 2nd Floor, Cnr Hunter & Watt Streets Newcastle NSW 2300

Email: admin@soulcafe.com.au

Thank You for Donating to Soul Café