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The Sacred Heart Mission prime activity is to supply food to, and cook for the poor and homeless. To assist the Sacred Heart Mission with this challenge of supplying an ever growing demand for their services, the Sacred Heart Mission Community Cycle will be delivering foods to the mission.

**What sort of food should I donate?**

- Jars of stir through pasta sauce
- Tins of tuna
- Jars of instant coffee
- Jams, peanut butter, vegemite, etc
- Breakfast cereal
- One minute noodles packets
- Cup-of-noodles
- Teabags (black tea, not herbal)
- Long life milk
- Biscuits - sweet or dry
- Meals in a can (e.g. stews)
- Can openers