*Small support*
*Big difference*

# ESSENTIAL PANTRY

The Mai-Wel Parent Pathways Essential Pantry is here to support local families with FREE essential food and everyday items.




*Take what you need. You are not alone.*

The Essentials Pantry is available to current Parent Pathways participants and those looking to engage with support services.

Pantry staples.
Breakfast & snacks.
Baby care essentials.
Personal care items.
Household essentials.

FREE essential items.
Max. 5 items per session.
1 per item type.
Access every 2 months.
Respectful, confidential and judgement free.

Life can be busy.
Life can be challenging.
It's OK to ask for help.
You're doing your best!

## *New to Parent Pathways?*

We welcome new participants.
Come and see us - we'd love to support you!

## *Get in touch*

02 4015 8400
parentpathways@maiwel.com.au
maiwel.com.au

Mai·Wel

Parent Pathways
An Australian Government Initiative

# ESSENTIAL PANTRY

The Mai-Wel Parent Pathways Essential Pantry is about community, care and connection.

We provide a welcoming space and essential items to help ease pressure so you can focus on what matters most, your family.

No judgement. Just support. You belong here.

## WHAT YOU CAN FIND IN THE ESSENTIALS PANTRY



Cereal, pasta, sauces, canned foods, rice, flour, milk, tea, coffee and more.



Healthy breakfast options and snacks for the whole family.



Nappies, wipes, baby food, custard and essentials for little ones.



Toiletries, feminine hygiene, toothpaste, soap, shampoo and more.



Laundry powder, dish liquid, toilet paper, tissues and cleaning essentials.



We provide a safe, welcoming space where you'll be treated with kindness, respect and understanding.

*You're not alone.*
*We're in this together.*

## Supporting You

**Ready to start your Parent Pathway journey?**
**Scan the QR code to learn more.**

Mai-Wel

Parent Pathways
An Australian Government Initiative

02 4015 8400 • parentpathways@maiwel.com.au • maiwel.com.au