

The Early Morning Centre

Addressing Issues of Homelessness

EMC Emergency Food Packs

At the EMC, we provide emergency food packs to our guests in need. You can help us stock up our pantry by donating some of the items below.



- Cup of noodles (70g)
- Cup-a-soup (40g)
- Tin of baked beans (300g)
- Tin of tuna (95g)
- Single pack of cereal (30g)
- Pack of sultanas (40g)
- Muesli bar (31g)
- Fruit cup (125g)
- Juice box (250ml)
- Small UHT (long-life) milk (150ml)
- Sugar-free chewing gum
- Tea bags and coffee & sugar sachets

 Please drop off your donations to the EMC, 69 Northbourne Ave, Canberra City.