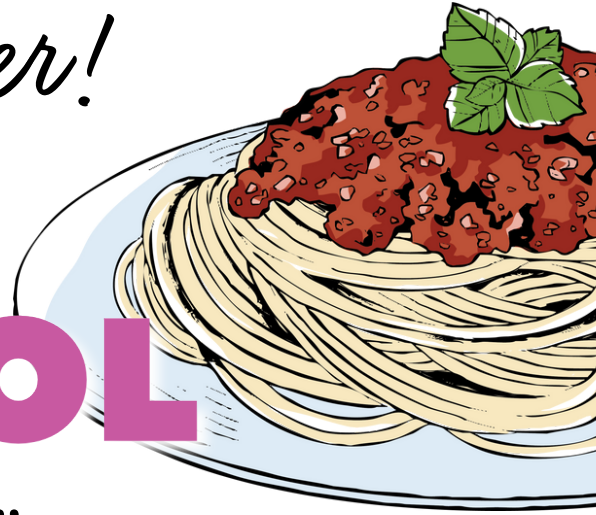


Help fill the freezer!

SPONSOR A SPAG BOL



“Seriously? Dinner’s sorted?”

Yep! At Bellyful, we believe no parent should go through challenging times without support.

Your koha helps deliver nourishing meals to whānau with babies and young children who are doing it tough.

\$20

= 1 meal

\$60

**= 3 nights
of dinner**

\$100

**= helps stock
a freezer**

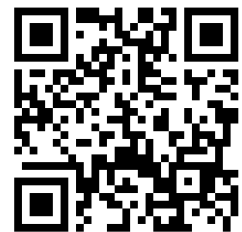


Donate now to sponsor a spag bol and show some love to families in your community.

**SCAN TO
DONATE**



Spread the word - encourage others to donate and help fill bellies!



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