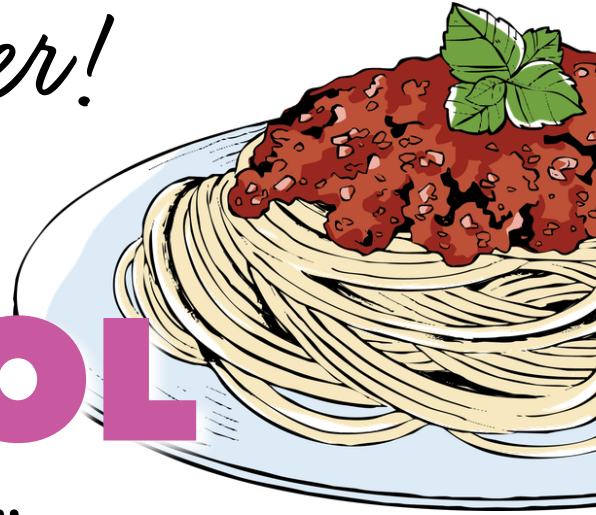


Help fill the freezer!

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“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!



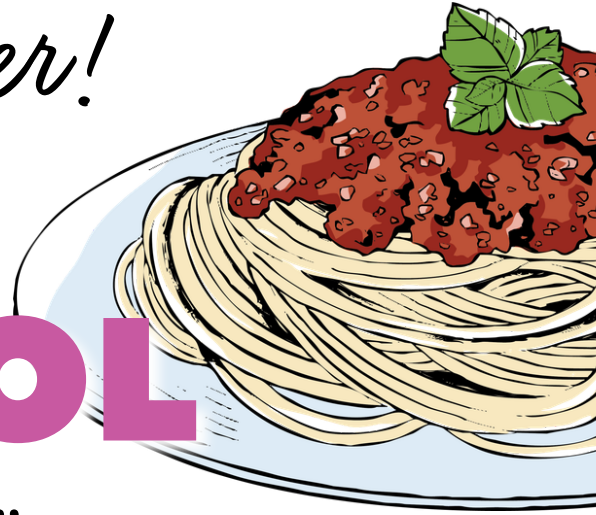
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