

LET'S DISH UP SOME KINDNESS

You're invited to a [dinner party / morning tea / bake sale / quiz night] in support of Bellyful – the volunteer-led charity delivering free nourishing meals to whānau doing it tough in our community.

You might be thinking: "Seriously? Dinner's sorted?"
Yep. Because those early years with little ones can be a lot – especially without a village.



Bellyful is here for whānau going through stress, illness, baby loss, or just the overwhelm of parenting without support. A few ready-to-eat meals, delivered with aroha, can be a real sanity-saver.

Let's raise funds to help fill freezers,
lighten the load, and share the love.



Together we're Filling Bellies,
Warming Hearts. Will you help?

PROUDLY SUPPORTING



LET'S DISH UP SOME KINDNESS

You're invited to a [dinner party / morning tea / bake sale / quiz night] in support of Bellyful – the volunteer-led charity delivering free nourishing meals to whānau doing it tough in our community.

You might be thinking: "Seriously? Dinner's sorted?"
Yep. Because those early years with little ones can be a lot – especially without a village.



Bellyful is here for whānau going through stress, illness, baby loss, or just the overwhelm of parenting without support. A few ready-to-eat meals, delivered with aroha, can be a real sanity-saver.

**Let's raise funds to help fill freezers,
lighten the load, and share the love.**

-  [Event Location]
-  [Date & Time]
-  [Koha encouraged / Ticket info]



**Together we're Filling Bellies,
Warming Hearts. Will you help?**

PROUDLY SUPPORTING



Click here for an
editable Canva template
of this poster

