



10 WAYS YOU CAN HELP BELLYFUL

1

[Donate](#) via our website or internet banking.

2

Sponsor us, as a business or an individual. You can [email us](#) to arrange this.

3

Donate via [One Percent Collective](#)

4

Be sustainable and use [The Good Registry](#) for celebration gifts.

5

Buy household goods via [Switch Your Spend](#).

6

Donate meal ingredients to your local branch. [Email us](#) for details.

7

[Become a Belly-filler](#) with your local branch.

8

Follow us on our social media platforms [Facebook](#), [Instagram](#) and [LinkedIn](#) – like, comment and share our posts!

9

Run a marathon, walk a kilometre, bike the length of NZ, swim Cook Strait - and raise money for Bellyful while you do it.

10

[Leave a bequest](#) – include us in your will.

Email: contact@bellyful.org.nz
Freephone: 0508 BELLYFUL
www.bellyful.org.nz



Bellyful NZ



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