



HOW TO: 'KON MARIE' YOUR PANTRY & HELP FOODBANK FEED THOSE IN NEED.

“In essence, tidying ought to be the act of restoring balance among people, their possessions, and the house they live in” - Marie Kondo

STEP 1: TAKE EVERYTHING OUT!

Take everything out of your pantry and organise into categories. This will make it easier to stock your pantry in a nice, organised style.

STEP 2: LOSE WHAT YOU DON'T USE

One of Marie Kondo's basic principle is to lose what you don't use. In this case, all the non-perishable food that you don't use can be donated to Foodbank!

STEP 3: GIVE EVERYTHING A HOME

Make the most of your pantry space – use separators or clear containers, place taller items behind shorter ones, avoid doubling up on products, and make everything visible.

STEP 4: FIND THE JOY IN GIVING

Marie Kondo famously says, “throw away anything that doesn't spark joy.” Rather than throw away, provide a new home. It's not likely that a tin of baked beans or canned fruit would spark you joy, but for people in need it will make a huge difference. Simply deliver to your nearest Foodbank SA location.

FOR MORE INFORMATION
08 8351 1136
www.foodbanksa.org.au