

# YOUR GESTURE CAN MAKE A DIFFERENCE!



**FEDERATION  
VAUDOISE**

## WHO ARE WE?

We are an independent, non-profit volunteer organization that has been running in Waadt region since 1993 (as well as throughout the entire "Suisse romande," the French-speaking area of Switzerland). Our organization assists people who are no longer able to provide for themselves.

## WHAT IS OUR MAIN FUNCTION?

- We give a helping hand to people in need between 2 to 4 times a year by distributing staples of food, hygiene products and household cleaning products.
- We collect, buy products and stock them.
- We recruit volunteers to manage the stock, prepare boxes and carry out deliveries.
- We raise money and organize various events to raise awareness on our organization and support its mission.

## WHO BENEFITS FROM OUR HELP?

- Unemployed persons who have arrived at the end of their allotted unemployment benefits
- Single-parent families
- Elderly people
- Victims of excessive credit card debt
- Young people who are searching for their first jobs
- The "Working Poor" (those who earn too little to make ends meet)

## HOW CAN YOU SUPPORT US?

- Become a volunteer for our association
- Donate food
- Organize a food drive in your company

## WHAT ARE OUR NEEDS?

### Tinned/ Canned items:

- Vegetables
- Tomatoes
- Fruit
- Ravioli
- Tuna
- Etc

### And also

- UHT Milk
- Pasta
- Rice
- Flour

- Instant Soups
- Oil
- Vinegar
- Honey
- Jam/Jelly
- Muesli
- Breakfast Cereal/Cornflakes
- Coffee/Tea
- Cocoa
- Chocolate
- Biscuits/Cookies
- Laundry Detergent
- Household Cleaning Products
- Personal Hygiene Products
- Baby Care Products
- Diapers/Pampers

See the tab "donation alimentaire" (food donation) on our website :

[www.cartons-du-coeur.swiss](http://www.cartons-du-coeur.swiss)



## BUT ALSO

Donate or offer your equipment or your services :

- Kitchen Equipment: Freezers, Refrigerators, Microwave Ovens, Hot Plates/Cookers, etc.
- Transportation: Utility Vehicles, Trailers (any type of vehicle with a lifting rack)
- Logistical Equipment: Lifts/Dollies, Pallet Trucks, G2 and G3 Transportation Cases, Mobile Racks, etc.
- Services: Designers, Printers, Flyer Distributors, Heavy Load Transporters

THANK YOU FOR YOUR SUPPORT

[www.cartons-du-coeur.swiss](http://www.cartons-du-coeur.swiss)

### Make a financial contribution to:

Via CCP  
Les Cartons du Cœur  
CCP 10-248257-6

Fédération Vaudoise  
des Cartons du Cœur  
1350 Orbe