



Know anybody in need of TLC?

www.plateforward.co.nz

Plate Forward is a project that **you** can undertake, using a simple, time-tested strategy to help people who are needing some support.



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Fill your Plate Forward community plate with a nutritious meal and pass it on to the person in need.

They then fill it for someone else, or return the plate to you to use again.

If you don't have a Plate Forward community plate, you can still participate! Use your own dish or disposable option from your supermarket. See

www.plateforward.org.nz for:


- ideas
- recipes
- testimonials.

Or, give this brochure to somebody and ask them to Plate Forward into **your** life!

Plate Forward is proudly brought to you by Parents Place Charitable Trust www.parentsplace.org.nz.

Parents Place
87 Boundary Road
Hamilton
Ph (07) 855 7517
email: parentsplace@paradise.net.nz

Bon Appetit!



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