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## Join Us

**If you embrace the Heart to Heart's philosophy...**

If you are keen to offer your help, you can contribute in many ways:-



a) For food donations, the following items are needed monthly.

- 1) Biscuits
- 2) Coffee mix 3-in-1.
- 3) Milo 3-in-1
- 4) Sugar (1 kg bag)
- 5) Cooking Oil ( 1 liter)
- 6) Rice ( 5 kg bag)
- 7) VitaSoy Bean milk (6packs)
- 8) Milk Powder (700g bag)
- 9) Bath soap (6 pack)
- 10) Washing powder ( 1kg bag)
- 11) Toothpastes & toothbrushes
- 12) Eggs
- 13) Peanut Butter (small)
- 14) Horlicks 3-in-1

b) If you are keen to lend a hand in the food distribution, please contact us at:

Heart to Heart  
9 Selegie Road #03-33  
Singapore 180009

Telephone: +65-6333 9439  
Email: [enquiry@hearttoheartservice.org](mailto:enquiry@hearttoheartservice.org)

Contact person: Sharana Rao

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Heart to Heart Service  
9 Selegie Road #03-33  
Singapore 180009



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**Serving the poor and needy from Heart to Heart.**

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Heart to Heart is a non-profit, non-government aided welfare set-up initiated by Teresa Hsu. The Service reaches out to the poor and needy by providing them with food and monetary assistance every month.

Since Sister Teresa Hsu's demise, Sharana Rao has continued her work under the Heart to Heart Service set-up. Heart to Heart Service continues to receive contributions both in cash and kind from individual and corporate well-wishers. Contributions received, be they food, clothing or money, are distributed to the needy families and individuals in Singapore and overseas.



The food rations provided by Heart to Heart Service go a long way to relieve the poor and the needy who are referred by friends, the media and some non-profit organizations.

Sharana Rao, friends and supporters of Heart to Heart Service make regular visits to these poor and needy individuals and families to befriend them and give them food rations and some cash.

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