



# CHRISTMAS APPEAL

# GROCERY *suggestions*

Listed below are some items you might like to donate this Christmas.



## CHRISTMAS ITEMS

- Puddings, cakes, mince pies, shortbread
- Long-life cream, custard
- Snacks (biscuits, chips, chocolates, lollies)
- Table décor (bonbons, decorations, tablecloths, napkins)

## TINNED FOODS

- (Please ensure they are ring-pull tins only)
- Fruits
- Vegetables
- Soups
- Meats or fish

## MEAL BASES

- Pasta sauces
- Pre-prepared rice meals
- Curry and stir-fry sauces
- Meal kits (Mexican, Asian, Indian)

## OTHER

- Breakfast cereal
- Spreads and jams
- Savoury biscuits
- Packet of jelly
- Liquid gravy
- Sugar
- Tea, coffee, hot chocolate
- Long-life milk or juices
- Iced tea
- Baby food
- Gluten, Dairy and Nut free options

## CLEANING AND HYGIENE ITEMS

- Personal toiletries like soap, shampoo, toothpaste, hairbrush or toilet paper
- Cleaning products like multipurpose cleaner, dish detergent or washing powder
- Baby care items like nappies or baby wipes

## GUIDELINES

- Please donate all items as early as possible – November or early December, to help us ensure that all food hampers and gifts are delivered to families by Christmas
- Consider donating a supermarket gift vouchers (Coles, Woolworths, IGA etc.), as they allow the recipient the flexibility to purchase their choice of fresh produce or meat
- Please make sure all items being donated are new/unused unopened
- Please ensure items have long expiry dates and are non-perishable
- Since these will be received as gift, consider adding brand name products and some special items to help the recipient celebrate on Christmas Day
- Try packing the food into a washingbasket or shopping bag that can be reused by the recipient (it's sustainable too!)
- Consider providing food that will suit families with young children, people with allergies, the elderly and new Australians

**For further information please get in touch with your regional Salvos representative**

**Nobody should struggle alone at Christmas**