



Hamper of

Hope

SUGGESTED ITEMS:

Fill your hamper with two items from each section in the list and bring hope to those in need this Christmas.

Tinned Foods

(ring-pull cans only)

- Fruits in juice
- Vegetables (e.g. peas, corn)
- Legumes (e.g. lentils, chickpeas)
- Soups
- Meat or fish
- Meals (baked beans, spaghetti)

Sweets and treats

- Custard powder
- Tinned plum pudding
- Shortbread
- Packet of jelly
- Chocolate and lollies
- Pancake mix
- Cake mixes
- Sweet biscuits
- Potato chips
- Popcorn

Meal bases

- Dry Pasta
- Rice/noodles
- Cooking oil
- Stir-fry/curry/pasta sauces
- Meal kit

Breakfast foods

- Cereal
- Spreads
- Savoury biscuits
- Sugar
- Tea, coffee, hot chocolate
- Long-life milk or juice
- Iced tea

HANDY HINTS

Select items with long expiry dates, the longer the better!

Consider items for people with different dietary needs.

Buy brand-name products where possible and include special items for Christmas.



Thank you

for leaving no one
in need this Christmas





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This Christmas, The Salvation Army needs your help. When you fill a Hamper of Hope, you are providing holiday cheer to people who would otherwise go without.

Please join us as we support those doing it tough right now.

How it works

1. Get your 'Hamper of Hope' bag
2. Go shopping! Fill your hamper bag with two or more items from each category of the suggested items list (see reverse)
3. Return your bag to school

The Salvos will receive your bag and use the items you donated to support people in need this holiday season.

If you run out of room in your bag, we encourage you to use an eco-friendly shopping bag to hold any additional items.

PS – Why not invite your friend or family to fill a bag or help you complete yours?

TOGETHER, WE CAN MAKE SURE NO ONE IS LEFT IN NEED THIS CHRISTMAS.



Scan to make a financial donation online