

Helping Hampers

Having trouble thinking of what to buy?

Here's a list of items that would really make a difference to families this Christmas, and we know they would love to receive.

Tinned foods:

- vegetables (peas, corn, carrots, beetroots, tomatoes)
- fruits/fruit salad
- soups
- spaghetti and baked beans
- pre-canned meals
- tuna, sardines, chicken etc
- ham/spam

Drinks:

- cordial
- Milo/Quick
- tea, coffee & sugar
- long life milk (boxed)
- long life juice
- soft drinks

Packets & Jars:

- breakfast cereals/muesli
- two minute noodles/instant noodles
- rice, pasta/spaghetti
- stir through pasta/rice sauces
- muesli bars
- packet soups
- crispbreads (Vita Wheat, Cruskits, Savoys)
- spreadables – jam, honey, vegemite
- pancake mix
- jelly
- dried fruit
- sauce/mayonnaise
- olive oil
- taco/burrito kits

Yummy treats:

- chocolate/lollies
- biscuits
- savoury biscuits (Sakata, BBQ Shapes)
- potato chips/popcorn (already popped or microwaveable)

Personal care/General items:

- soap/body wash
- shampoo/conditioner
- bandaids
- deoderant
- toothpaste/toothbrush
- sanitary items
- shaving cream
- batteries
- napkins
- clothes washing powder/liquid
- dishwashing liquid

Christmas extras:

- christmas puddings/cakes
- fruit mince pies
- boxed custard
- santa sacks (Cadbury)
- bon bons
- decorations
- cake set (cake mix, tin and sprinkles)

General tips:

- Ring pull tins are preferred
- Long expiry dates! All food items must be non-perishable, with an expiry date that goes well into next year (2017)
- Where possible, please try to include foods that make up meals (cereal & long life milk, long life juice, pasta packet & jar of sauce, tinned vegies and a yummy treat)
- Whilst we would really love to be able to accept all kinds of items, for health and safety reasons we can only take non-perishable products (ie pantry items).
- Non-food/personal care items are most welcome too.