



Don't know what to buy??

Each year the need for food grows and this year it is no different. Over the years we've distributed over 1800 food hampers, thanks to the help of people just like you.

What's in a helping hamper?



Juice



Long life
milk



Cereal



Rice, or
pasta, or
noodles



Jar of
sauce



Tin of
vegetables



Tin of tuna



Family
sized sweet

General tips:

- Long expiry dates! All food items must be non-perishable, with an expiry date that goes well into next year (2020)
- 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).
- Ring pull tins are preferred



Other ideas:

Tinned foods:

- fruits/fruit salad
- soups
- spaghetti and baked beans
- pre-canned meals
- ham/spam, sardines, chicken etc

Packets & Jars:

- 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, 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

Drinks:

- cordial
- Milo/Quik
- tea, coffee & sugar
- soft drinks

Christmas extras:

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