



# Christmas Appeal

## GROCERY SUGGESTIONS



Here 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*

(Ring-pull tins only, please)

- Fruits in juice
- Vegetables
- Soups
- Meats or fish
- Meals (baked beans, spaghetti)

### *Meal bases*

- Pasta and pasta sauces
- Rice
- Curry and stir-fry sauces
- Meal kits (Mexican, Asian)

### *Other*

- Cereal
- Spreads
- Savoury biscuits
- Packet of jelly
- Liquid gravy
- Sugar
- Tea, coffee, hot chocolate
- Long-life milk or juices
- Iced tea
- Baby food

### *Additional grocery items*

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

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

## GUIDELINES

- Where appropriate please ensure items have long expiry dates and are non-perishable.
- Supermarket gift vouchers make a great addition to food hampers, allowing the recipient to purchase fresh fruit, vegetables and meat at Christmas.
- Think Christmas: people will be receiving these packages as gifts. Buy brand-name products where possible, and include some special items to help people celebrate on Christmas Day.
- Pack your groceries into a washing basket, reusable shopping bag or laundry bucket that can be reused by the recipient.
- Consider providing choices that suit families with young children, people with allergies, the elderly or newcomers to Australia.
- Please donate all items as early as possible in December, or even in November to ensure that all food hampers and gifts are delivered to families by Christmas.

Thank you for making Christmas brighter for families in need.

YOU CAN GIVE  
**H**  **PE**  
 WHERE IT'S NEEDED MOST