



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)

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

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

GUIDELINES

- Please donate all items as early a 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

Give a new beginning this Christmas