



If you follow this list to fill your hamper (you do not need to pick every item) your contribution will enable a person/family to make 25 individual serve meals:

- ✓ Canned spaghetti or baked beans (4 pack) or large can 420g
- ✓ Canned soup (535g) or Cup-a-Soup (4 pack)
- ✓ Canned corn, carrots, peas, vegetables, tomatoes
- ✓ UHT Milk - 1L or 6pk @ 200ml
- ✓ Up and Go Cereal x6pk @ 250ml or box of cereal
- ✓ Sweet or savoury box/tin of biscuits, snack bags
- ✓ Tuna or salmon 95g
- ✓ Two fruits in juice cups (4pk) or canned fruit 300g-700g
- ✓ Pasta and pasta sauce, chicken tonight jar
- ✓ Recipe base (eg, satay chicken, creamy chicken curry)
- ✓ Spreads - vegemite, peanut butter, jam, honey, Nutella
- ✓ Muesli bars or cereal bars, LCMs, Le Snak dip and crackers
- ✓ Dried fruit - sultanas, yoghurt coated sultanas etc
- ✓ White sugar, cake mix, coffee, tea bags, hot chocolate, Milo
- ✓ Sauces - tomato, barbecue, mayonnaise, stock cubes, gravy
- ✓ 2-minute noodles, curry cooking kits, noodle and risotto meals
- ✓ White Rice - 1kg or microwave rice 250g, rice meals
- ✓ Breadcrumbs, schnitzel mix

Bring a hint of Christmas to your box:

- ✓ Christmas decoration or stocking; or
- ✓ Gift voucher (for food purchases only - no alcohol); or
- ✓ Plum pudding and/or custard, Christmas cake; or
- ✓ Shortbread, chocolate, jelly, mousse, zooper doopers; or
- ✓ Chips, soft drink, cordial, juice packs, UHT flavoured milk; or
- ✓ Magazine

Please don't seal your hamper as we need to do a final check before it goes out. If it is overflowing, don't worry our volunteers will use your generosity to fill another hamper.

Thank you