

# Christmas Appeal FOOD IDEAS



## NON-PERISHABLE FOOD AND OTHER ITEMS

Please ensure there are long expiry dates for food.  
Any out of date food cannot be used.

### *Tinned Foods*

(Ring-pull if possible)

- Vegetables
- Fruits (in juice)
- Soup
- Meats or fish
- Spaghetti/baked beans
- Canned meals

### *Meal Bases*

- Pasta and pasta sauce
- Rice, all types
- Curry and stir-fry sauces
- Pasta/rice meal packets
- Noodles, including instant
- Baby and infant food

### *Christmas Extras*

- Puddings/cakes/mince pies
- Long life cream/custard
- Snacks (biscuits, chips, chocolate, lollies)
- Bonbons
- Candy stockings

### *Other*

- Long life milk or juices (individual servings / 1 litre)
- Breakfast cereals
- Dried Fruit
- Nuts
- Fruit/muesli bars
- Crackers
- Rice cakes
- Spreads
- Tea, coffee, Milo, Quick
- Sugar
- Salt

### *Additional Items*

- Soap/body wash
- Toothbrushes
- Toothpaste
- Shampoo/conditioner
- Deodorant
- Sanitary items
- Toilet paper
- Baby care (nappies/wipes)

## TIPS

- Ensure your donations have a long expiry date.
- Pack your groceries into a washing basket, reusable shopping bag or laundry bucket that can be used by the recipient.
- Consider your community by providing choices that suit families with young children, people with allergies, the elderly or newcomers to Australia.
- Wherever possible, please refrain from purchasing no-name brands as people will be receiving these goods as a gift. This is a simple way to make our 'battling' Aussies feel extra special at Christmas.

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NSW/ACT/QLD: Visit: [salvos.org.au/christmas](http://salvos.org.au/christmas)

[salvationarmy.org.au](http://salvationarmy.org.au)

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WHERE IT'S NEEDED MOST