

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Any out of date food cannot be used.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.

For further Information please contact:

VIC: Anthony Silipo (03) 8878 2367 or anthony.silipo@aus.salvationarmy.org

SA: Wendy Dunlop (08) 08 8408 6939 or wendy.dunlop@aus.salvationarmy.org

TAS: Sarah Davidson (03) 6228 8414 or sarah.davidson@aus.salvationarmy.org

WA: Darren Reynolds (08) 9260 9514 or darren.reynolds@aus.salvationarmy.org

NT: Sarah Roberts (08) 8944 6005 or sarah.roberts@aus.salvationarmy.org

NSW/ACT/QLD: Visit: salvos.org.au/christmas

salvationarmy.org.au

YOU CAN GIVE

H  **PE**

WHERE IT'S NEEDED MOST