



## Christmas Appeal **GROCERY SUGGESTIONS**

### GUIDELINES

Please note – Due to the COVID-19 pandemic, all Australian states have health and social distancing rules in place to minimise the spread of the virus. Please check your state's restrictions when organising your food drive or donating items.

- Please donate all items **as early as 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 voucher** (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 gifts, consider adding **brand name** products and some **special items** to help the recipient celebrate on Christmas Day
- Try packing the food into a washing basket 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** or **new Australians**

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
- Meals (baked beans, spaghetti)

#### *Meal bases*

- Pasta sauces
- Pre-prepared rice meals
- Curry and stir-fry sauces
- Meal kits (Mexican, Asian, Indian)

#### *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

#### *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

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



**LEAVE  
NO ONE  
IN NEED**

**Thank you for making Christmas brighter for families in need.**