



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Any out of date food cannot be used.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.

salvationarmy.org.au

For further Information please contact:

SA: Wendy Dunlop on (08) 8408 6939 or wendy.dunlop@aus.salvationarmy.org
 NT: Sarah Roberts on (08) 8944 6005 or sarah.roberts@aus.salvationarmy.org
 TAS: Sarah Davidson on (03) 6228 8414 or sarah.davidson@aus.salvationarmy.org
 VIC: Kris Ryan on (03) 8878 2364 or kristina.ryan@aus.salvationarmy.org
 WA: Nigel Pitkin on (08) 9260 9506 or nigel.pitkin@aus.salvationarmy.org
 NSW/QLD/ACT: salvos.org.au/christmas/give-back-this-christmas/

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Christmas Appeal TOY IDEAS

GIFT IDEAS FOR ALL AGES

Here are some popular gift ideas to suit all age groups urgently requiring presents this Christmas. NB: You can collect gifts for children aged up to 18.

Outdoor Equipment

- Beach towels, sunglasses, body boards
- Netballs, footballs, basketballs, cricket sets
- Tennis racquets and balls
- Skateboards, scooters, helmets
- Kites
- Camping equipment

Activities

- Story and colouring books
- Puzzles and board games
- Lego, Meccano, Mega Bloks
- Art and craft packs or items, stationery, photo albums
- Science kits
- Toy cars
- Nursery toys (no rattles)
- Dolls and action figures

Clothing and Accessories

- T-shirts
- Shoes and socks
- Baseball caps
- Jewellery, hair clips, watches
- Make-up, perfume/aftershave
- Backpacks, wallets, handbags
- Toiletries

Electronics

- CDs, DVDs, console games
- Hairdryers, hair straighteners
- MP3 players, speakers
- Headphones

Gift Vouchers

TIPS

- Consider giving a gift voucher (stores or movie tickets). Gift vouchers mean a parent who is struggling doesn't miss out on the joy of purchasing a gift for their child.
- **Please do NOT wrap gifts.** This allows parents the special experience of selecting gifts for their children's unique personalities and interests.
- **Please only donate new items.** Your nearest Op-Shop or Salvos Store would gladly receive your pre-loved gifts.

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