



HANDY HINTS

Ring-pull lids are preferred!

Tins with ring-pull lids are most helpful, as not all people receiving the food will necessarily have access to a can opener.

Long expiry dates please

Please ensure foods donated are non-perishable and that their expiry and/or best before dates are well into the following year.

HANDY HINTS

Why we request unwrapped gifts!

This allows parents to personally select suitable gifts for their children. This is a more dignified way of allocating gifts and for this reason we do not supply children's names.

You may wish to include some wrapping paper and sticky tape with your donation to allow parents to wrap gifts themselves.

Why we request 'brand new' toys

Sadly, the gift you donate might be the only present a child receives this Christmas, and so we try our best to ensure each child receives a gift that is 'brand new'. We know Christmas isn't only about receiving gifts, but this is one way we can help families feel special during the Christmas season.

FOOD IDEAS

Tinned Foods

- Tinned fruit/fruit salad
- Tinned vegetables
- Packet and tinned soups
- Tinned spaghetti and baked beans
- Tinned tuna and other fish, tinned ham, canned meals, etc.

Cereals and Carbohydrates

- Breakfast cereals and muesli
- Instant noodles, two-minute noodles, instant pasta packs, etc.
- Rice, pasta and other grains
- Jars of rice or pasta sauces
- Muesli bars
- Crackers, rice cakes
- Potato chips, Shapes

Beverages

- Long-life milk
- Tea, coffee, sugar
- Milo, Quik
- Cordial, soft drink
- Long-life juice

GIFT IDEAS

Gift Vouchers

- Surf shops
- Clothing shops
- CD/DVD shops
- Kmart, Myer, Target, etc.
- Cinema/movie tickets
- iTunes vouchers

Outdoor/Sporting Equipment

- Kites
- Bat and ball games
- Beach towels, hats, water bottles
- Netballs, footballs, cricket sets
- Tennis racquets and balls
- Juggling balls

Miscellaneous

- Art and craft packs including pens and pencils
- Puzzles, games, colouring-in books
- Bags/backpacks
- Building blocks, Lego, train sets, toy cars
- Barbie dolls

Hair and Beauty

- Hair brushes and hair bands
- Perfume/aftershave
- Jewellery
- Everyday toiletries such as toothbrushes, toothpaste, etc.
- Special toiletries such as nail polish, lip balms, skincare packs, etc.

Gifts for Teens

- We all know that teens are a hard group to buy for, but we always have a high demand for teenage appropriate gifts! If you can think of a great gift to give to a teen, we'd greatly appreciate your help!

