



Food for Families

ANNUAL APPEAL 2016



Suggested donations

Thanks so much for participating in this year's Food for Families appeal. To help you purchase and collect items that are most needed by families that we work with, we've compiled this list.

Whether it's a tin of baked beans, or a shopping bag of essentials, every donation will make a real difference. You can give a little and change a lot this Christmas, by giving food for Melbourne's most vulnerable families.



NON-PERISHABLE FOOD ITEMS

- | | | |
|------------------------------------|----------------------------------|--|
| Pasta and pasta sauce | Tinned fruit and vegetables | Sandwich spreads |
| Tomato paste | Baby food | Cheese spreads |
| Tinned and ready to eat meals | Canned meals with ring pull lids | Breakfast cereals, muesli bars, breakfast bars |
| Soups and curries | Stir fry sauces | UHT (longlife) milk |
| Tomato sauce | Coconut milk | Biscuits |
| Rice | Instant noodles in a cup/bowl | Tea bags, instant coffee, milo |
| Tinned tuna, salmon, sardines, ham | | |
| Lunchbox snacks for kids | | |

TOILETRIES

- | | | |
|---------------------------|-------------------------|--------------|
| Nappies | Shampoo and conditioner | Sunscreen |
| Deodorant | Face washers | Toothpaste |
| Feminine hygiene products | Toilet paper | Toothbrushes |



Give a little. Change a lot.

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