

Give more than hope.

tangible
Give support when people need it most.



Food for Families *shopping list*

- Pasta, rice and noodles
- Tinned tomatoes, pasta sauce
- Tinned tuna, salmon and beans
- Ready to eat meals
- Minute noodles, cup-a-noodles
- Breakfast cereals and biscuits
- Spreads, sauces and condiments
- UHT (long life) milk
- Baby food
- Tea bags and instant coffee
- Nappies and wipes
- Toothpaste and toothbrushes
- Shampoo, conditioner and soap
- Food vouchers
- Gift vouchers for children aged 6-16 years

Don't forget to:

- Give new or undamaged packaged items
- Check the expiry date
- Make sure the food is sealed
- Make sure the label is visible
- Share on social media
- Check drop-off locations near you

Register. Donate. Volunteer.
Visit christmas.unitingvictas.org

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