

# 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.**

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# Uniting