

SUGGESTED ITEMS

Fill the Shalom hamper with items from the list to bring hope to someone in need this Christmas.

□ Christmas	pudd	ling
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- □ Custard powder
- □ Tinned fruit
- □ Tinned vegetables
- □ Christmas bon bons
- □ Tinsel
- □ Christmas

Decorations

□ Tea/coffee/hot

chocolate

- □ Shortbread
- ☐ Long-life milk

- □ Milo
- □ Packets of jelly
- □ Long-life juice
- □ Christmas cake
- □ Pancake mix
- □ Cake mix
- □ Cordial
- □ Lollies/chips/

popcorn

- □ Pasta/rice/noodles
- □ Cereal
- □ Vouchers (to buy perishable food)

☐ Fruit mince

pies

☐ Biscuits-sweet

& savory

□ Meal kits

☐ Stir fry/curry

sauces

□ Spreads-jam,

vegemite

- ☐ Gravy mix
- □ Soup
- □ Cooking oil

please ensure that foods are not due to expire for at least 6 months



