

A SMALL DONATION OF FOOD OR CASH THIS CHRISTMAS CAN MAKE A MASSIVE DIFFERENCE!

Samaritans is always in need of non-perishable food reserves and they **need your help** to restock the shelves, especially at Christmas Time.



CHRISTMAS SUGGESTIONS

- Christmas Puddings
- Bon Bons
- Tin Ham
- Lollies
- Shortbread
- Fruit Cake
- Chocolates
- Mince Pies
- Serviettes
- Long-life Custard

NON-PERISHABLE FOOD SUGGESTIONS

- Cereal
- Long-life milk
- Pasta
- Pasta sauce
- Rice
- Tinned meals
- Soup (packet and tin)
- Baked beans
- Spaghetti
- Tea
- Coffee
- Children's lunchbox snacks
- Tinned fruit
- Tinned vegetables
- Spreads (jam, vegemite)
- Tinned tuna/salmon
- Pet food

CHRISTMAS SUGGESTIONS

- Nappies
- Baby wipes
- Toilet paper
- Toothpaste
- Toothbrush
- Soap
- Deodorant
- Shampoo/conditioner
- Shaving gear (cream/razors)
- Toiletry bags
- Moisturiser
- Hand towel/washer
- Washing powder
- Bathroom or Kitchen cleaning products

Please help today your donation is so important
Phone - 1300 656 336
Or visit www.samaritans.org.au



Samaritans
Emergency Relief