




















## Food Donation Ideas

Below is a list of **non-perishable items that go into Mission food parcels at Christmas time**. If not enough of these are donated, then we have to buy them ourselves, meaning anything on this list is particularly helpful. **Over Christmas, we like to give out a few extras – so donations of treats like Christmas mince pies, biscuits, chocolate, lollies and nuts are greatly appreciated.**

### Non-Perishable Food Parcel Contents

<ul style="list-style-type: none"> <li>• <b>Fruit mince pies/chocolates/biscuits</b></li> </ul> 	<ul style="list-style-type: none"> <li>• <b>Lollies</b></li> </ul> 
<ul style="list-style-type: none"> <li>• <b>Baked beans/Spaghetti</b></li> </ul> 	<ul style="list-style-type: none"> <li>• <b>Toilet rolls</b></li> </ul> 
<ul style="list-style-type: none"> <li>• <b>Tinned tomatoes</b></li> </ul> 	<ul style="list-style-type: none"> <li>• <b>Soap/Shampoo</b></li> </ul> 
<ul style="list-style-type: none"> <li>• <b>Tinned veggies</b></li> </ul> 	<ul style="list-style-type: none"> <li>• <b>Nuts/Scroggin</b></li> </ul> 
<ul style="list-style-type: none"> <li>• <b>Tinned soup</b></li> </ul> 	<ul style="list-style-type: none"> <li>• <b>Flour</b></li> </ul> 
<ul style="list-style-type: none"> <li>• <b>Tinned fruit</b></li> </ul> 	<ul style="list-style-type: none"> <li>• <b>Sugar</b></li> </ul> 
<ul style="list-style-type: none"> <li>• <b>Tinned meat</b></li> </ul> 	<ul style="list-style-type: none"> <li>• <b>Tea bags</b></li> </ul> 
<ul style="list-style-type: none"> <li>• <b>Tinned fish</b></li> </ul> 	<ul style="list-style-type: none"> <li>• <b>Rice</b></li> </ul> 
<ul style="list-style-type: none"> <li>• <b>Sauces or creamed rice</b></li> </ul> 	<ul style="list-style-type: none"> <li>• <b>Pasta packet</b></li> </ul> 
<ul style="list-style-type: none"> <li>• <b>Spreads (eg: jam, peanut butter, honey)</b></li> </ul> 	<ul style="list-style-type: none"> <li>• <b>Cereal</b></li> </ul> 