

# Food Parcel Items



100 YEARS 1920–2020

Below is a list of non-perishable items that go into Mission food parcels at Christmas time:

- Baked beans/spaghetti
- Tinned vegetables (e.g. tomatoes, corn, peas, beans) and tinned fruit
- Tinned soup and packets of soup mix (not individual soup portions)
- Tinned meat and fish
- Cereal and muesli bars
- Pasta, rice and pasta sauce
- Spreads (e.g. jam, peanut butter, honey)
- Flour and sugar
- Tea bags
- Baby food
- Christmas treats (e.g. mince pies, biscuits, chocolate, lollies and nuts)

#### Other Items

- Toiletries (e.g. toilet rolls, soap, shampoo, toothbrushes, toothpaste and feminine hygiene products)

## Gift ideas

Donations of new, unwrapped gifts for all ages and genders are hugely appreciated. Please do not gift clothes as it is difficult to allocate sizes. Here are a few gift ideas that have made Christmas special for families in previous years:

#### Infants \*

Rattles, cardboard books, night lights, bath toys, teething rings

#### Toddlers

Bath toys, wooden puzzles, soft toys, Duplo

#### Primary School

Puzzles, dress-ups, dolls/action figures, Lego, Board games, craft kits, toy cars, stationery, books

#### Teenagers \*

Stationery, books, jewellery, sports ball, toiletries, gift voucher or Prezzy card

#### Adults \*

Board games (e.g. Jenga, Monopoly), reusable drink bottles, toiletries, gift voucher or Prezzy card

#### Elderly men and women \*

Slippers, toiletries, scarf/boxed handkerchiefs, gift voucher or Prezzy card

While gift donations should be left unwrapped, the Mission is always grateful for donation of tape and wrapping paper!

We suggest a budget of about \$10-\$20 per gift