



## HAMPER OF

# Hope

This Christmas, The Salvation Army needs your help.

Can you help us by filling a hamper with non-perishable food items to bring cheer to someone in need this Christmas?

### How it works

1. Get your 'Hamper of Hope' bag.
2. Go shopping! Your bag represents one 'hamper' for someone in need. Fill your hamper bag with two or more items from each category of the suggested items list (see reverse).
3. Return your bag to school. The Salvos will receive your bag and use the items you donated to support people in need this holiday season.

If you run out of room in your bag, we encourage you to use an eco-friendly shopping bag to hold any additional items.

*PS – Why not invite your friend or family to fill a bag or help you complete yours?*



Scan to make a financial  
donation online

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### SUGGESTED ITEMS:

Fill your hamper with **two items from each section in the list** to form a complete hamper and bring hope to someone in need this Christmas.

#### Tinned Foods

(ring-pull cans only)

- Fruits in juice
- Vegetables (e.g. peas, corn)
- Legumes (e.g. lentils, chickpeas)
- Soups
- Meat or fish
- Meals (baked beans, spaghetti)

#### Sweets and treats

- Custard powder
- Tinned plum pudding
- Shortbread
- Packet of jelly
- Chocolate and lollies
- Pancake mix
- Cake mixes
- Sweet biscuits
- Potato chips
- Popcorn

#### Meal bases

- Dry Pasta
- Rice/noodles
- Cooking oil
- Stir-fry/curry/pasta sauces
- Meal kit

#### Breakfast foods

- Cereal
- Spreads
- Savoury biscuits
- Sugar
- Tea, coffee, hot chocolate
- Long-life milk or juice
- Iced tea

#### HANDY HINTS

Select items with long expiry dates, the longer the better! Consider items for people with different dietary needs. Buy brand-name products where possible and include special items for Christmas.

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Appeal



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