



# Bags of Hope

**Help provide a food hamper for a local family this Christmas!**

**This year we're asking anyone who is able, including schools, businesses, community groups, families and individuals, to help fill a Bag of Hope.**

### **It's easy to get involved**

1. Consider those who are doing it tough when you're doing your shopping and pick a few extra items.
2. A supermarket 15c bag makes a great **bag of hope**, as we can use it as we distribute your donations this Christmas.
3. Bring your gift to us at:

#### **The Salvation Army Dandenong**

16 George Street  
(Cnr Cadel Street)  
Dandenong VIC 3175

Ph: (03) 9708 9000

Monday to Friday, 9.00am–4.00pm  
(after hours, please don't leave outside)

### **Items to fill your bag with:**

- Tinned fish (tuna, salmon etc)
- Long life milk
- Long life custard or cream
- Sugar
- Black tea and coffee
- Mince pies, Christmas pudding
- Rice
- Instant Noodles
- Cereal
- Jam, Peanut butter
- Pulses

Many people have special dietary needs. Why not swap some of your items for gluten-free or vegetarian options?

### **You can help make a family's Christmas extra special by adding things like:**

- ◆ Bonbons, napkins or decorations
- ◆ Christmas treats like chocolates, biscuits

*Thank you*

[salvationarmy.org.au/dandenong](http://salvationarmy.org.au/dandenong)