

What food can I donate?

Donations of **alcohol free, non-perishable food items** are hugely appreciated. Here are some common inclusions in Mission food parcels during the Christmas season:



- Tinned vegetables, such as tomatoes, corn, peas or beans
- Tinned soup
- Baked beans and tinned spaghetti
- Tinned fruit
- Tinned meat and fish
- Pasta sauce, pasta and rice
- Breakfast cereal and muesli bars
- Spreads, such as jam, peanut butter or honey
- Flour and sugar

- Christmas treats, such as mince pies, biscuits and chocolate

Other non-food items are also welcome:

- Baby food
- Nappies
- Toilet rolls
- Soap and shampoo
- Feminine hygiene products
- Deodorant

What gifts can I donate?

Donations of **new, unwrapped and non-battery operated gifts** for children and teenagers are hugely appreciated.

Here are a few popular gift ideas:



Infants

Rattles, night lights, bath toys, teething rings

Toddlers

Bath toys, puzzles, soft toys, Duplo, pull-along toys

Primary School

Puzzles, dress-ups, dolls/action figures, Lego, craft kits, toy cars, animal figurines

Teenagers

Sports ball, scarfs, hats, beach towels, toiletries, gift voucher or Prezzy card

Family/All Ages

Board games, books, stationery, reusable drink bottles, toiletries, gift voucher or Prezzy card

*Note: due to sizing challenges, please do not gift clothing. Thank you!