

# CHRISTMAS IN JULY

PLEASE COLLECT NON  
PERISHABLE FOOD  
ITEMS DURING THE  
MONTH OF JULY AT YOUR  
OFFICE OR CHRISTMAS IN JULY EVENT.

THESE HAMPERS WILL BE PASSED ONTO:  
THE WOMENS CENTRE TOWNSVILLE.

CALL VIVIENNE SALU 47253044 FOR COLLECTION



*Merry  
Christmas*

## HEALTHY FOOD DONATION SUGGESTIONS (NON PERISHABLE)

**FRUIT AND VEGETABLES: CANNED VEGETABLES-** BEETROOT, BEANS(GREEN, BAKED) CARROTS, MUSH-ROOMS, PEAS, TOMATOES **DRIED FRUIT-**APRICOTS, DATES, SULTANAS, CURRENTS, MIXED FRUIT, FIGS

**CANNED FRUIT –** APPLE, APRICOTS, CHERRIES, MANDARIN, MANGO, PEACHES, PEARS, PINEAPPLE, PLUMS, FRUIT SALAD

**JUICE-**APPLE, APRICOT, BLACKCURRANT, PINEAPPLE, TROPICAL, MANGO, GRAPE, TOMATO, V8, SODA WATER

**DAIRY :** POWDERED MILK, LONG LIFE MILK, CONDENSED MILK, LONG LIFE CREAM, LONG LIFE CHEESE SPREAD/TRIANGLES

**BREAD AND CEREALS :** FLOUR-PLAIN, SELF RAISING, WHOLEMEAL, WHITE. **CRACKERS, PLAIN SWEET BISCUITS, RICE, PASTA, CEREAL-**ROLLED OATS, WEETBIX, ALLERAN, SULTANA BRAN, PUFFED WHEAT, MINI WHEATS, JUST RIGHT, SUSTAIN

**MEAT/FISH/CHICKEN/NUTS :** NUTS-ALMONDS, CASHEWS, MIXED NUTS, PISTACHIO, WALNUTS, PECANS

**CANNED MEAT –** HAM, CORNED BEEF, STEWS, CASSEROLES, CURRIES, CANNED CHICKEN

**CANNED FISH-**TUNA, SALMON, SARDINES, KIPPERS, HERRING, PRAWNS, SHRIMPS

**FATS AND OILS: CANOLA AND OLIVE OIL, BOTTLE AND SPRAY**

**OTHER FOOD:** SPICES, HERBS, SALAD DRESSING, SUGAR, JAM, HONEY, CHUTNEY, PICKLES, SOY, TOMATO. BBQ SAUCES, YEGEMITE, STOCK CUBES, LIQUID STOCK, TEA, COFFEE

**OTHER ITEMS:** LARGER CRAWLING/TODDLER NAPPIES, CHILDREN'S AND ADULT TOOTHBRUSHES, TOOTHPASTE, TISSUES, SHAMPOO, SOAP, PADS, TAMPONS, DEODORANT