

RECOMMENDED FOOD PANTRY ITEMS FOR HAMPERS

COLLECTION FOR WOMENS INDIGENOUS REFUGE AND DULWICH HILL HOSTEL

Please leave goods in outer vestry and let one of the wardens or parish counsellors know so we can put them into locked storage ready for the hampers.
Thankyou for your kind donations. Your choice of anything on the list.

Wardens: Regina Barry David Phillips Julie Muir

PC: John Coleman Stretch Fowler Kate Weaver Mungo McCall Sharon Muir

PREFERRED NON PERISHABLE FOODS AS PER FOOD BANK NSW AND ASYLUM SEEKER FOOD BANK AUSTRALIA

- . DRY PASTA....white or wholemeal and/or gluten free
- . COUSCOUS...and/or gluten free
- . RICE....long grain basmati jasmine
- . DRY NOODLES....and/or gluten free
- . BOTTLED PASTA SAUCE AND TOMATO PASTE
- . CEREAL....low sugar
- . SALT AND PEPPER
- . RAW SUGAR
- . BOTTLED SPICES (cumin, rosemary, curry, rosemary etc)
- . BOTTLED MINCED GARLIC AND GINGER
- . CANNED VEGETABLES AND LEGUMES (eg tomatoes, baked beans, chick peas, corn niblets, peas etc)
- . CANNED FRUIT (in juice, not syrup)
- . PACKAGED DRIED FRUIT (eg sultanas, apricots, dates)
- . PACKAGED NUTS (eg non salted cashews, pine nuts, peanuts, almonds)
- . CANNED FISH (tuna, salmon)
- . CANNED MEAT (good quality Christmas ham and/or corned beef)
- . CANNED COCONUT CREAM OR COCONUT MILK
- . OLIVE OIL (extra virgin)
- . CANOLA OIL
- . PLAIN AND SELF RAISING FLOUR, RICE FLOUR AND/OR GLUTEN FREE
- . JARS PEANUT BUTTER VEGEMITE JAM HONEY
- . UHT FULL CREAM OR SKIM MILK
- . SAVOURY AND SWEET BISCUITS
- . CORDIAL (35% or above fruit content)
- . INSTANT COFFEE AND BLACK TEA BAGS
- . PACKAGED CHRISTMAS PUDDING OR CHRISTMAS CAKE
- . CHRISTMAS MINCE PIES

No tobacco or alcohol products

No products with broken seals

No past or near past due date or no date products

No safety recall products

No unlabelled, homemade products