

The families we help would be grateful to receive any of the following items. If you'd prefer to make up a hamper, please ask us to nominate family so that you know how many adults and children you are helping.

Pasta, rice (dried)

Packet pasta and sauce

Packets of noodles/super noodles or rice (dry or microwave)

Cereals

Tea, Coffee, Hot chocolate (1 of those)

Cordial/Juice

Beans/pulses

Pasta/curry/meal sauces

Tinned produce - vegetables, soups, chopped tomatoes

Tinned meats or tuna

Crackers

Jars - jams, peanut butter, chocolate spread (just one of these is fine)

Crisps or nibbles

Biscuits / cakes /mince pies, Christmas pudding &/or Christmas cake, desserts /sponges & custard, rice pudding (small selection from these ideas)

Selection boxes or chocolates

Semi Skimmed Long life milk

General purpose cleaner

Washing up liquid

Toiletries - soap/shower gel, toothpaste, toothbrushes, feminine hygiene products, deodorant

If you'd like to donate a gift, we'd love to receive...

Any new/boxed gifts for any ages from birth to adults.

Gift vouchers for Amazon, Boots, Love to Shop, Argos, Primark or a sports shop are perfect for teenagers

Also (from 20 October onwards) our Amazon Wish List will be available to use.

## If you'd like to donate money...

All cash donations are very gratefully received, and accounted for within the Appeal accounts.