

GWAC



**HOPE FOR  
MONASH Ltd**



**BRINGING HOPE TO THOSE IN NEED  
THIS CHRISTMAS**

# Items List

## A chance to support those in need this Christmas

Please provide non-perishable foods suitable for breakfast, lunch and dinner. We welcome donations of food that are in demand and that are not too near or past their expiry dates.

Popular foods for food parcels:

- Breakfast cereal (especially low-sugar whole-grain cereals)
- Long life UHT milk
- Canned or dried soup
- Small cans of tuna
- Noodles/Rice
- Pasta sauce
- Canned baked beans/Canned spaghetti
- Canned vegetables/Canned meat (e.g. chicken, stew)
- Canned fruit
- Small packets/jars of Tea/Coffee
- Vegemite/Peanut Butter

**Please return your bag by Sunday 4 December  
to the Church / Contact Person (below)**

**Name & Address**

---