

# Hope for Monash 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

**Contact:** Howard Walker, 0409 691 462, for any queries

**Please return your bag to church on  
Sun 26 Nov OR Sun 3 Dec (not later)**