



ROTARY CLUB OF
CENTRAL MELBOURNE – SUNRISE INC.



CHRISTMAS HAMPER APPEAL

To assist the Rotary Club of Central Melbourne – Sunrise to mark the Festive Season, we ask members and friends to make up Christmas Hampers for the less fortunate people in our community. We will be providing hampers for two groups of disadvantaged people:

- the homeless and elderly through Steps Outreach Service and
- refugee families through Lentara UnitingCare Asylum Seeker Project

We will supply **red hamper bags** for Steps Outreach Service recipients and **green hamper bags** for Lentara UnitingCare recipients. The following lists are suggestions of non-perishable food and other items for your hamper bag donations.

RED HAMPER BAG SUGGESTIONS

| | |
|---------------------|----------------------|
| Canned soup | Deb mashed potatoes |
| Fruit juice | Mince pies |
| Canned fruit | Canned potatoes |
| Jellies | Pretzels |
| Canned carrots | Canned ham |
| Christmas cake | Potato chips |
| Canned beans | Teas bags |
| Crackers | Savoury shapes |
| Canned peas | Coffee |
| Biscuits | Lollies |
| Canned corn | Canned tuna |
| Christmas puddings | Christmas serviettes |
| Canned asparagus | Cocktail franks |
| Non-alcoholic wine | Pasta |
| Canned beetroot | Custard (Longlife) |
| Gravy mix | Instant puddings |
| Canned potato salad | Longlife cream |
| Rice | Jams |

GREEN HAMPER BAG SUGGESTIONS

| | |
|------------------------------------|--|
| Rice | Flour |
| Dried lentils | Fruit juice |
| Canned foods | Toothpaste |
| Kidney beans (not in sauce please) | Toothbrushes |
| Chick peas | Deodorant |
| Tomato puree | Razors |
| Crushed tomatoes | Shaving equipment |
| Tuna | Shampoo Large |
| UHT milk | Conditioner Large |
| Nuts | |
| Dates | Foods that are not appropriate for Lentara UnitingCare clients are: |
| Other dried fruits | Pasta |
| Tea | Baked beans |
| Spices | Canned spaghetti |
| Cumin | Risotto products |
| Coriander | |
| Paprika | |
| Chilli | |

Please bring your filled hamper bags to the final 2014 RCCMS meeting on **16 December**. Thank you in advance for your donations ... *and have a great festive season.*

Your Rotary contacts is:

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