



## CHRISTMAS HAMPER APPEAL

To assist the Rotary Club of Central Melbourne 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 **red bags with green ribbons** 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
Other dried fruits	UnitingCare clients are:
Tea	Pasta
Spices	Baked beans
Cumin	Canned spaghetti
Coriander	Risotto products
Paprika	
Chilli	

Once again, Margaret Thomas has offered to purchase spices/fruits in bulk for inclusion in the Christmas hampers for the Lentara Asylum Seeker Program which will include the following:

CUMIN 250gram	CORIANDER 250gram	PAPRIKA 250gram
CHILLI 250gram	ALMONDS (WHOLE) 250gram	WALNUTS (WHOLE) 250gram
LENTILS - RED 1 kg	LENTILS - GREEN 1 kg	DATES 1kg

The price per pack is \$27.00

If you would like to buy one or more packs, please contact Margaret on [margthomas6@gmail.com](mailto:margthomas6@gmail.com) or 9370 3091 by **9th DECEMBER**. Paul and Julia Fraser will deliver the packs to the Christmas breakfast on 20th December.

**Please bring your filled hamper bags to the Christmas Breakfast meeting on 20 December.**

**Thank you in advance for your donations ... and have a great festive season.**

**Contact: Paul Fraser, [pjf3000@bigpond.com](mailto:pjf3000@bigpond.com), 0457 788 753**