



Restoring Hope - Raising Futures

CHRISTMAS HAMPER DONATION LIST

Staple Foods	Breakfast Items	Canned & Packaged Foods
Maize meal (5kg) Rice (2kg) Samp & beans (2kg) Brown lentils (500g) Dry beans (500g) Pasta (2 × 500g)	Instant porridge (1kg) Tea (100 bags) Long-life milk Peanut butter Jam	Canned fish (Pilchards/Tuna) Canned baked beans Canned mixed vegetables Canned chakalaka Corned meat
Sauces, Condiments & Seasoning	Treats (Christmas Extras)	Toiletries
Tomato sauce / chutney Salt (1kg) Soup packets Stock cubes Spices	Biscuits Juice (concentrate) Snacks / sweets for kids Small toys (optional)	Bath soap Toothpaste Toothbrushes Sanitary pads Vaseline / lotion Toilet paper
Household & Cleaning	Clothing & Gift Extras	
Dishwashing liquid Washing powder (1kg)	New or gently used children's clothing New or gently used shoes Toys	