

APRIL

SHOPPING LIST

Highlighted
items in
green are of
greatest need

Food Items

Pasta sauce

Packet Rice

Cooking Sauces

Instant Noodles

Tinned Veggies

Tinned Salmon/Tuna

Tinned Ham/Chicken

Tinned Chunky Soup

Baked Beans/Spaghetti

Overstocked items

Tinned tomatoes Tinned corn

Weetbix Sardines/mackerel Cake mixes

Tinned Fruit

Tea

Sugar

Long Life Milk

Cereal (no Weetbix)

Cereal Bars

Spreads (honey/jam)

School Snacks for Children

Crackers & Biscuits

Muesli Bars

Juice Poppers

Home Items

Toothpaste/Toothbrushes

Shampoo /Conditioner

Female Sanitary Pads (NO Tampons)

Deodorant (male & female)

Shower Gel

Dishwasher Liquid/Powder

Dish Detergent

Paper Towels

Clothes Washing Powder

Laundry Products

Cleaning Sprays

Toilet Paper & Toilet Cleaners

Nappies size 5/6 ONLY

Or you can donate financially at hopefield.org.au/donate

