

# JANUARY HOPEDRIVE

## Food Items

Pasta  
Pasta sauce

Rice  
Cooking Sauces

Instant Noodles  
Tinned Veggies

Tinned Lentils/Beans  
Tinned Salmon/Tuna  
Tinned Ham/Chicken  
Baked Beans/Spaghetti  
Tinned Chunky Soup

Biscuits

Tea

Sugar

**Long Life Milk**

Cereal

Tinned Fruit

Spreads (jam, honey etc)

**School Snacks for Children**

Muesli Bars

**Crackers, cookies & chips**

Juice Poppers

Baking Mixes

# SHOPPING LIST

## Home Items

Toothpaste **No toothbrushes**

Shampoo/Conditioner

Ladies Sanitary Pads

Deodorant (male & female)

**Hand Soap & Shower Gel**

Dishwasher Liquid/Powder

Dish Detergent

Paper Towels

Clothes Washing Powder

Laundry Products

Multipurpose Cleaning Sprays

Toilet Paper & Toilet Cleaners

**Nappies Size 4,5 & 6 ONLY**

Highlighted  
items  
are in  
greatest need

Or you can donate financially at [hopefield.org.au/donate](http://hopefield.org.au/donate)

