

# JANUARY HOPE DRIVE

# SHOPPING LIST

Highlighted  
items  
are in  
greatest need

## 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

## 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

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

