

give a little. help a lot.



COMMUNITY CHRISTMAS

Family Life have been supporting children, families and communities since 1970. We work with families experiencing family violence, addiction, separation and trauma. Many community members and families are doing it tough this time of year.

Supporting our Community Christmas Appeal, by donating toys, food hampers or gift cards, can help to spread Christmas joy to those who need it most.

Food Hampers:

Fill a new reusable shopping bag with a selection of these food items. Please note that we are unable to sort and repack, so complete hampers with a good mix are appreciated.

Pasta / Rice / Noodles	Dried / Canned Fruit
Long Life Milk	Stock / Stock Cubes
Speads (Vegemite / Honey)	Gravox / Gravy
Pasta Sauce	Condiments
Muesli Bars	(Mustard / Sauce)
Chocolate / Lollies	Fruit Cake / Mince
Cereal	Pies
Olive Oil	Canned Legumes & Vegetables
Sweet / Savoury Biscuits	Chips / Pretzels

Non perishable items only. No expired food items.

Toys & Gifts:

Provide a toy or gift card between \$20 - \$50. Suggestions include:

Duplo
Blocks
Lego
VTech Educational
Soft toys
Craft Sets
Books (picture and young adult)
Board Games
Sports Equipment
Science Kits

Gift Cards:
Woolworths/Coles
Kmart / Big W / Target
Hoyts / Village Cinemas
Rebel Sport
Typo / Smiggle
'Teen' Gift Cards

Unwrapped and non gender specific toys are preferred.

Scan the QR code for more donation suggestions and info



Please provide donations by December 1st, to allow time for delivery before Christmas. Drop donations to Family Life, 197 Bluff Road, Sandringham

www.familylife.com.au