

CARRY A CAN

Christmas food hampers for families in need

Help us gift nutritious food hampers to individuals and families experiencing financial hardship, homelessness, mental health issues and refugees and asylum seekers.



Suggested food items:

- Canned fruit
- Canned vegetables & pulses
- Canned tuna & meat
- Canned soups
- Pasta, noodles, rice

No glass bottles or jars

Please ensure donations are unopened, in their original packaging with full ingredient and allergen listings, and within their best before date.



Scan to donate or visit:
www.catholiccarevic.org.au

Thank you for supporting those who are struggling to put food on table this Christmas.