



Wellness Week

FILL THE SHOPFRONT: YEAR GROUP LIST

The Shopfront supports hundreds of Perth families every day with essential food and household items.

More families are now working full-time yet experiencing homelessness, living in cars or temporary accommodation due to rising living costs.

A range of items are needed to assist people on the margins. Your donation can help keep families fed, clean, warm, and supported through difficult circumstances.

Where you can, please donate from the categories assigned to each year group so together we can support more Perth families.

Sanitary: Baby, Kids & Teens

4

Nappies, baby wipes, deoderant, body wash, hair brushes, hair lackies, shampoo, conditioner, body lotion, soap.

Sanitary: Ladies & Men

5

Toothbrushes, toothpaste, soap, body wash, shampoo, conditioner, deodorant, razors, shaving cream, tissues, hand sanitiser, sanitary pads, tampons, face washers, moisturiser, lip balm, and combs/brushes.

Comfort

6

Blankets, sleeping bags, pillows, socks, underwear*, beanies, gloves, scarves, towels, face washers, reusable water bottles, insulated mugs, flashlights, batteries, wet wipes, tissues.

* must be new

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Sweet

7

Sultanas, dried apricots, dried apple slices, fruit cups in juice, muesli bars, oat bars, nut bars, trail mix, biscuits.

Dinner

8

Tinned soup, tinned tuna, tinned salmon, baked beans, canned vegetables, microwave rice, long-life pasta meals, instant noodles, canned spaghetti, cup-a-soup sachets, beef jerky, tuna and cracker snack packs

Staple

9

Rice, pasta, noodles, oats, flour, sugar, brown sugar, cooking oil, salt, pepper, mixed herbs, spices, stock cubes, gravy mix, tomato paste, canned tomatoes, long life milk, meal sauces.

Breakfast

10

Weet-Bix, rolled oats, porridge sachets, small travel cereal, uht milk, coffee, tea, up'n' go, juice boxes, flavoured milk boxes (all long life)

Sanitary

11

Sanitary pads, tampons, wet wipes, deoderant, body wash, soap bars, tooth brushes, toothpaste

Good To Haves

12

Zip lock bags, books, deck of cards, umbrella, bandaids, reusable water bottles, ear plugs, puzzle books, backpacks, lunch boxes, ponchos, wet wipes, towels, sunscreen