



GIVE A LITTLE. HELP A LOT.

community CHRISTMAS

Family Life have been supporting vulnerable children and families in Melbourne's south east since 1970. We work with families experiencing family violence, addiction, separation and trauma. Help us to create treasured memories for those struggling in our local community this Christmas.

To reduce handling in the COVID-19 environment, we are asking for individual toys and complete hampers. Donations will be received up until 1st December, to allow time for delivery before Christmas.

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

Non perishable items only.
No expired food items.



(03) 8599 5433
197 Bluff Road, Sandringham
www.familylife.com.au