



Dear Fellow Rotarians

It's time for our annual hamper drive from now till the 7th Dec. We are hoping we can produce around 30 (\$50) hampers for disadvantaged families this Christmas. I consulted a small focus group of parents with children who are currently dependent on Centrelink for their income. All parents put their children's wishes before their own. They explained to me that Christmas blows the budget in a massive way and then there are the school holidays to get through with no money. They might be able to access some staple foods from welfare agencies but don't get any treats. They suggested things like cake and biscuit mixes with decorating supplies as these were both treats and fun activities. Sometimes a box of chocolates may be re-gifted to a friend or relative as they have nothing else to give. And often when friends come over they have nothing special to serve.... Here are some of their suggestions:

Staples:

Rice / pasta also pasta and sauce packet meals

Stir-fry sauces (e.g. Chicken Tonight)

Tuna / salmon tins

Cans of spaghetti / stews / soups ...

Tinned fruit (for a healthy option chose unsweetened)

Rather than tins of vegies or meals, consider a voucher for groceries / butcher / fruit & veg market where they can purchase fresh produce.

Family assorted biscuits

Christmas & holiday treats:

Sml Christmas pudding (a lot of children don't eat fruit pudding or cake)

Biscuits for decorating e.g. milk arrowroots

Shortbread biscuits

Cracker biscuits

Box chocolates

Fruit mince pies

Chips

Popping corn

Cake mix / biscuit mix / pudding mix / pancake mix

Biscuit /cake decorating kits and supplies e.g. mini-m&ms, lollies, hundreds & thousands, icing in different colours, snakes, choc freckles...

Rather than basic toiletries but you might include something special like bubble bath or moisturiser.

***Don't include gum or nuts**

I hope this is helpful