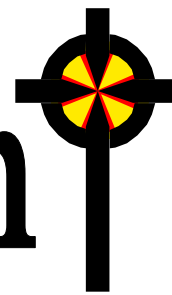


The Shopfront



170 Whatley Crescent, Maylands, WA 6051

Telephone: 9371 9109, Fax: 9371 5139

Email: shopfront@perthcatholic.org.au

Website: <http://www.shopfrontwa.org.au>

Hamper List

Essential Items

Tin meat – Spam	Tinned Chicken
Tins of vegies – corn, peas, 4 bean mix etc	Braised steak and onions
Sausage and vegies or similar	Tuna
Salmon	Sardines
Rice	Long life milk
Tins of diced tomatoes	Spaghetti / Pasta
Packet soup – “Cup a soup”	Tin soups especially Country Label and those containing meat and vegetables
Pasta sauce	Pasta with sauce (dried packets)

Valuable Items

Tinned fruit	Jam
Honey	Vegemite
Peanut Paste	Cream rice
Coffee	Milo / Cocoa
Sugar	Weetbix and other cereals
Tinned Spaghetti	Small bottles of tomato sauce
Tinned Baked beans	Gluten free packaged food

Treats

Lollies, chocolates	Biscuits – crackers / sweet biscuits
Cans of drink (non alcoholic)	Snack packs / Muesli bars

Non Food Items

Strong “Green” cloth / fibre shopping bags	Can openers
Deodorant	Toothpaste
Disposable nappies – various sizes	Tampons
Sanitary napkins	Shaving cream
Strong Plastic bags	Shavers
Soap	Shampoo / Conditioner
Combs / brushes	Body wash
Toilet rolls	Tissues
Women’s underwear – 8-16	Men’s socks & jocks – various sizes
Candles / Matches	Small LED torch