**CAUSE CHRISTMAS HAMPER LIST**

This is a rough guide of what to put in your hamper, it’s not an exclusive list and you can swap and change items as you wish. You don’t need to include everything - these are just ideas.

**Remember:** This year, due to COVID19, the hamper must be bags and each one should be labelled with the ID number you will be given with your allocation along with how many bags you are donating

e.g. If you have only one bag then it will be 1 of 1

 If you have three bags then each one should be labelled separately

 with the ID number and 1 of 3, 2 of 3, 3 of 3.

This helps us keep track of how many bags are with each ID number allocation.

Please check the **use by/best before dates** on all items before including them in the hamper. Thank you.

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| **Food Items** | **Non-Food Items** |
| UHT Milk | Soap Powder |
| Tea / Coffee / Hot Chocolate | Softener |
| Dilute Fruit Juice / Soft Drinks | Washing up Liquid |
| Long Life Bread Rolls | Dish Cloths |
| Breakfast Cereal | Disinfectant Spray/Bleach |
| Packet Mash Potato | Anti-bacterial wipes |
| Rice/Pasta/Noodles/ Pasta Sauce | Air Freshener |
| Baked Beans/Ravioli/Spaghetti/Macaroni | Bin Bags |
| Tinned Carrots/Peas/Tomato/Potato | Shampoo |
| Soups – Tinned or Packet | Conditioner |
| Tinned Ham/Corned Beef/Tuna | Toothpaste |
| Tomato Ketchup/Mayonnaise | Toothbrush |
| Jam/Lemon Curd/Marmalade/Nutella | Soap/Body Wash |
| Custard/Rice Pudding/Jelly/Angel Delight | Flannels/Sponge |
| Tinned Pudding/Biscuits/Cakes/Sweets |  |
| Crisps | Gifts for recipients.  |