

# UCW CHRISTMAS APPEAL FOOD LIST

Cans	Cartons	Boxes	Packets	Cooking ingredients	Christmas Wish List
spaghetti corn asparagus tomatoes soups baked beans mushrooms other vegetables tuna	soup corn bread dried fruits and nuts (e.g. cranberries, almonds, mixed nuts) muesli bars breakfast bars long life milk	tissues tea milo coffee porridge cereal	soup fruit juices (e.g. tomato, pomegranate & cranberry) Up and Go drinks/other “meal” drinks instant noodles breakfast oats	flour brown rice white rice quinoa cous cous pasta pasta sauce small bottles vegetable oil	family sized can of ham, poultry or fish gravy tinned or boxed cake fruit mince pies Christmas pudding savoury biscuits/snacks sweet biscuits - chocolate/shortbread drinks – juice/cordial Christmas bon-bons or crackers lollies custard/cream (long life)

