

ESSENTIALS PACKS

**1 in 10 Canberrans are living
below the poverty line.**

SO WE NEED YOUR HELP.

By simply collecting donations of basic
pantry essentials, you can make
someone's winter a little warmer with a
Pantry Essentials Pack.



St Vincent de Paul Society
CANBERRA/GOULBURN
good works

PANTRY ESSENTIALS

BREAKFAST

- LONG-LIFE MILK (DAIRY AND PLANT-BASED)
- CEREAL AND MUESLI
- ROLLED AND QUICK OATS
- SPREADS
- TINNED FRUIT
- BAKED BEANS

SNACKS/DRINKS

- MUESLI BARS
- NUTS AND DRIED FRUIT
- CRACKERS AND CRISPBREADS
- CHIPS AND POPCORN
- BISCUITS
- COFFEE AND TEA
- JUICE BOXES

LUNCH/DINNER

- RICE, GRAINS, PASTA AND NOODLES
- TINNED VEGETABLES
- TINNED OR DRIED LEGUMES
- TINNED FISH AND MEAT
- TINNED TOMATOES
- PASTA SAUCES
- NON-PERISHABLE SOUPS AND MEALS

PANTRY STAPLES

- OILS AND VINEGARS
- TOMATO PASTE
- DRIED HERBS AND SPICES
- SAUCES AND CONDIMENTS
- BAKING GOODS
- DRY PET FOOD

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learn more



*Please ensure food expiry is at least 2 months away

ESSENTIALS PACKS



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**1 in 3 Australians experience
Hygiene Poverty.**

SO WE NEED YOUR HELP.

By simply collecting donations of basic
hygiene essentials, you can make
someone's winter a little warmer with a
Everyday Hygiene Pack.



HYGIENE ESSENTIALS

- TOILETRIES BAG
- TOOTHBRUSH
- TOOTHPASTE
- DEODORANT
- BODY WASH
- SHAMPOO + CONDITIONER
- FACE WASHER
- SHAVING FOAM
- RAZORS
- HAIRBRUSH
- MOISTURISER
- SANITARY PRODUCTS

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***Please ensure items are brand new and sealed**

ESSENTIALS PACKS



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good works

Since 2016, homelessness has increased 38% in the Snowy Mountains.

SO WE NEED YOUR HELP.

By simply collecting donations of basic winter essentials, you can make someone's winter a little warmer with a Rough Sleeping Essentials Pack.



ROUGH SLEEPING ESSENTIALS

- WARM JACKETS
- JUMPERS
- THERMAL TOPS
- THERMAL PANTS
- BEANIES
- GLOVES
- SCARVES
- WARM SOCKS
- BLANKETS
- SLEEPING BAGS
- SLEEPING MATS
- SUPERMARKET VOUCHERS
- NON-PERISHABLE SNACK FOODS

*Items may be second hand but must be in good condition

*Please ensure food expiry is at least 2 months away

Scan to
learn more

