Vinnies good works

2026 VINNIES CHRISTMAS APPEAL

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SHARE YOUR EFFORTS BY TAGGING US!

@VinniesWA

@VinniesWA

2026 Vinnies Christmas Appeal: Introductory letter

Dear Vinnies WA School Community,,

Christmas is a season that inspires us to come together in hope, generosity and service to others. It is also a time to remember those who may be facing hardship, and to remind them that they are not alone.

As the St Vincent de Paul Society prepares to launch the 2026 Christmas Appeal, we are delighted to share our 2026 Christmas Appeal School Kit with you. Thank you for partnering with us to bring hope, dignity and practical support to people in our communities this Christmas.

This year's appeal continues to shine a light on the impact of the cost-of-living crisis. Across Australia, many individuals and families are facing impossible choices between paying rent, buying groceries, keeping the lights on or covering other essential expenses. As financial pressures deepen, the demand for support from the Society continues to grow.

Every day, St Vincent de Paul Society members, volunteers and staff walk alongside people experiencing hardship; providing practical assistance such as food, clothing, emergency financial support, accommodation and emotional support. Beyond meeting immediate needs, they also offer compassion, dignity and hope – reminding people that someone cares and that brighter days are possible.

Within this School Kit, you will find resources to help students explore the impacts of the cost-of-living crisis, deepen their understanding of social justice and discover meaningful ways they can support this year's Christmas Appeal through fundraising, donations and acts of service.

Every contribution your school community makes will help individuals and families experiencing hardship to receive the support they need during the Christmas season. Together, we can help ensure more Australians experience the hope and joy that Christmas should bring.

Thank you for your continued compassion and generosity in supporting the work of the St Vincent de Paul Society. Your school community plays an important role in helping us respond to the growing need across Australia and ensuring that no one has to face Christmas alone.

On behalf of everyone at Vinnies WA, we wish you, your students and your wider school community a joyful and peaceful Christmas.

Kind regards,

Hannah Taylor and the Youth Engagement Team

"HOW DID WE GET HERE?" - VINNIES CHRISTMAS APPEAL

Joanne has spent her professional life supporting people as a social worker. She never expected to be the one needing support.

Living with her partner, Max, and their 11-year-old daughter, Harper, Joanne was able to stay above water on a dual income with enough left over to create lasting memories for her family.

But as costs began to rise across the board from food to household bills, Joanne felt the pressure of needing to cut back on household spending. Despite her best efforts to stretch every dollar, and Max going without meals to ensure Harper didn't have to do the same, that didn't spare her from the shock of a rent increase, which in turn led her to turn to the St Vincent de Paul Society for assistance.

"I worked with very vulnerable families in my past as a case worker, and I used to refer them to services. And now, I'm the one that's needing the services," says Joanne.

"When did this happen? How did we get here?"

For people like Joanne, the rising cost-of-living means that the same pay cheque doesn't go as far as it once did. Her fortnightly grocery bill previously came in at under $200. Today, she can only get a fraction of what she used to, meaning she must absorb more of her budget or go without.

The St Vincent de Paul Society has been able to ease the load for Joanne, providing food vouchers, clothing through our Vinnies Shops, and support with school supplies for Harper.

"I'm disappointed that life is like this, but I'm also grateful that there's kindness and there's services that can help out there."

Vinnies WA supports over 36,000 people annually through our members, providing emergency relief with food, clothing, accommodation, household bills and much more.

Cost-of-living pressures are driving people to reach out in their times of need, including over one in four people doing so for the first time during the past 12 months. Our members have also seen an emergence of circumstances similar to Joanne's with a third of households reaching out renting in the private rental market.

As the cost of housing, food, utilities and day-to-day essentials keeps going up, more and more people are reaching out for support as Ben, one of our Vinnies Support Centre Coordinators, can attest.

“We’ve got more people in private rentals now asking for assistance than people in social housing,” says Ben.

Our members and volunteers strive to understand each person’s individual circumstances and provide assistance that is tailored to their needs. This can look like providing food and supermarket vouchers to create space in a household budget to pay a utility bill or make the rent.

The Christmas period is another time where Vinnies WA steps up by providing hampers and presents so that no one has to go without.

“We get parents coming in who are struggling and they just want that little bit of magic for their kids.”

“Seeing their eyes light up, the biggest smiles, it's the happiest moment they've had in so long,” says Ben.

For Joanne, Christmas will look different this year after she was hit with yet another rent increase which will place her under pressure once again.

“We haven't even been here 12 months and we have to move out because we can't afford the rent,” says Joanne.

Joanne’s life right now looks different to the one she was living only a few years ago. Her budget doesn’t go as far as it used to. Harper is growing quickly and set to start high school in the new year, meaning added financial pressure with things like new uniforms and a laptop.

The load she has to carry is heavy but it’s made lighter knowing she can turn to Vinnies for assistance. As Christmas approaches, after a year of having to go without so much, Joanne is grateful to know food will be on the table and a few presents will be under the tree.

“To be able to provide the things that Vinnies can is unlike anything else, like I don't even have words to describe it. I think it's so important and such a blessing for them to be in a position to be able to help.”

“And, if I’m ever in a better financial position, the first thing I’ll be doing is giving back.”

You can make a difference to families in your community like Joanne’s by making a donation to the Vinnies Christmas Appeal at donate.vinnies.org.au/appeals-wa or calling 13 18 12.

THINK, FEEL, DO REFLECTION

THINK:

What’s one thing you learned from Joanne’s story?

FEEL:

How do you think Joanne, Max or Harper may have felt during this time?

DO:

What is one action Vinnies took to support the family?

What is one action you can do to help someone in your community?

STEP INTO THEIR SHOES

Choose one person from the case study: Joanne, Harper, Max or Ben and finish these sentences:

I might be worried about….

I would be grateful for….

I would hope that others….

COST OF LIVING FACTS AND FIGURES

RENTAL AFFORDABILITY

- Out of nearly 49,000 rental listings across Australia:
  - 0 rentals (0%) were affordable for a person on Youth Allowance
  - 0.2% of rentals were affordable for a single person on the Age Pension
  - A full-time minimum wage worker could afford just 0.5% of listings
  - A couple with two minimum wage incomes could afford only 14.8% of rentals

Source: Anglicare Australia 2026 Rental Affordability Snapshot

HOMELESSNESS AND HOUSING INSECURITY

- The number of clients receiving government homelessness support services in 2024-25 increased 3.2% from 2023-24.
- 9.8% of clients returned to homelessness after finding housing in 2024-25 — a five year national low.
- 27.4% of people who experienced homelessness in 2024-2025 were homeless for more than seven months.

Source: Report on Government Services 2026 Housing and homelessness (part G)

- 254,571 applicants are waiting for social housing, including 122,457 in greatest need on priority waitlists.

Source: Mission Australia 2026 Report on Government Services - Housing and homelessness

FOOD INSECURITY

- 33% of Australian homes experienced food insecurity in the past 12 months, out of which 61% were severely food insecure.
- Nearly 7 in 10 (67%) households that include a person with a disability or health issue experience food insecurity.
- Single-parent households are at high risk of food insecurity, with 7 in 10 (68%) food insecure.
- Almost half (48%) of renters are food insecure.

Source: Foodbank Hunger Report 2025

COST-OF-LIVING

- 87% of Australians cite cost of living pressures as one of their top three concerns, with 91% of food insecure households saying the same.

Source: Foodbank Hunger Report 2025

- Living costs (CPI) increased up to 4.2% in the 12 months to April 2026.
- The areas hit hardest by inflation were housing (+6.5%), food and non-alcoholic beverages (+3.3%) and transport (+3.3%).

Source: ABS Consumer Price Index, Australia

If you or someone you know needs support, please call our helpline on 1300 794 054.

How to Give

TO GIVE FINANCIALLY

Financial donations give Vinnies the flexibility to provide support where it is needed most. They also allow individuals and families the dignity of choosing the items and services that best suit their needs.

You can choose to direct your donation to your local area or a particular Vinnies service if you wish.

To donate financially, you can either;

1) Create your own personalised online school fundraising page at: **www.vinnies.org.au/wa/get-involved/fundraise-for-vinnies-wa**

or

2) Raise funds (offline), and then donate at our website: **https://nsw.vinnies.org.au/christmasappeal**

If you would like your donation to support your local Conference or a specific Service, please include the name of the Conference or Service when making your donation online.

3) Via direct deposit to:

Payee Name:
ST VINCENT DE PAUL SOCIETY (WA) INC

BSB: 086006

Account Number: 289266992

Reference:
Local Conference's Name (or school if Conference is unknown)

*Cheques can be written to "St Vincent de Paul Society WA" and mailed to: PO Box 1450, Canning Vale DC WA 6970

Please send a Remittance Advice to youth@svdpwa.org.au and finance@svdpwa.org.au

TO GIVE HAMPERS, FOOD, OR GIFTS

Your local Conference Members support people in the community every week and are best placed to understand the needs of the individuals and families they assist.

Many Conferences are grateful to receive hampers, food, and gifts during the Christmas season. In *some* circumstances, however, financial donations or gift cards may be more suitable. We encourage you to check with your local Conference to find out what is most needed.

Where do the hampers go?

Hampers are distributed to individuals and families in your local community who have reached out to Vinnies for support during the Christmas period.

To help uphold the dignity of those receiving a hamper, please ensure all food items are:

Non-perishable

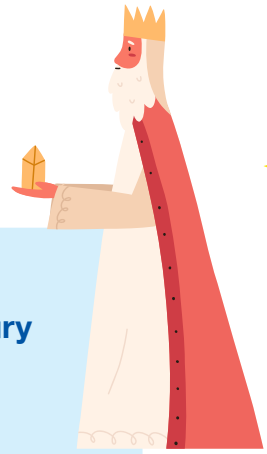
Unopened and undamaged

At least six months from their expiry date

Where possible, choose packaged food with a Health Star Rating of 3.5 stars or above!

Tip: One way to organise your collection is to allocate a family profile to each classroom or year level. Consider the needs of the family and tailor the hamper accordingly to help make it practical and meaningful.

Christmas Hamper Ideas



Here are some items you might consider putting into a family hamper.

- [ ] Christmas pudding
- [ ] Long life custard
- [ ] Tea and coffee
- [ ] Spreads – jam, vegemite
- [ ] Long life milk
- [ ] Pancake mix
- [ ] Tinned vegetables
- [ ] Gravy mix
- [ ] Soup
- [ ] Long life juice
- [ ] Bonbons
- [ ] Christmas decorations
- [ ] Plum pudding
- [ ] Biscuits – sweet, savoury
- [ ] Christmas lollies
- [ ] Jelly
- [ ] Hot chocolate
- [ ] Cereal
- [ ] Shortbread
- [ ] Fruit cake
- [ ] Tinned fruit
- [ ] Pasta
- [ ] Pasta sauce
- [ ] Rice
- [ ] Packet of jelly
- [ ] Noodles

To uphold the dignity of those receiving our hampers, please ensure that the food items you donate are not due to expire for at least six months.

All items must be non-perishable and undamaged.

Twelve Days of Christmas

Here are some ideas to bring hope and joy to your classroom in the lead-up to Christmas!

Age group: Suitable for both primary and secondary school students.

1

DAY 1: CHRISTMAS MESSAGE OF HOPE

Write a Christmas card or message of hope for someone in need.

2

DAY 2: GRATITUDE CHALLENGE

Write down five things you are grateful for and share one with the class.

3

DAY 3: CHRISTMAS CHAIN OF KINDNESS

Create a paper chain with messages of hope and kindness.

4

DAY 4: LEARN & SHARE

Learn one fact about homelessness, poverty or social inclusion and discuss why it matters.

5

DAY 5: RANDOM ACT OF KINDNESS

Do something kind for someone without expecting anything in return.

6

DAY 6: CHECK IN ON OTHERS

Spend time talking with someone new or someone who may be feeling left out.

7

DAY 7: CHRISTMAS AROUND THE WORLD

Learn how Christmas is celebrated in another country and share one interesting fact with the class.

8

DAY 8: BE HOPEFUL

Write or draw one hope you have for yourself, your community, or the world in the coming year.

9

DAY 9: GIVE BACK

Collect donations, write messages for hampers, or brainstorm ways to support others this Christmas.

10

DAY 10: SUSTAINABLE CHRISTMAS

Brainstorm ways to reduce waste and make Christmas more environmentally friendly.

11

DAY 11: CHRISTMAS CREATIVITY

Create a Christmas poem, prayer, drawing, or artwork that represents hope and joy.

12

DAY 12: CHRISTMAS CAROLING & CELEBRATION

Celebrate the season together by singing Christmas carols and reflecting on the kindness and hope shared throughout the 12 days.

PRIMARY ACTIVITY

Empty Stocking, Full Heart

CONTEXT

For many families, Christmas stockings are filled with small gifts and treats. However, when families are experiencing financial hardship or cost-of-living pressures, buying presents can be difficult. This activity encourages students to think beyond material gifts and recognise the things that truly make Christmas meaningful such as kindness, hope, family, friendship and community.

By reflecting on what cannot be bought, students develop empathy for others and a deeper understanding of how Vinnies supports people experiencing hardship. The activity highlights that everyone deserves to feel valued, included and cared for at Christmas.

AGE GROUP

Suitable for lower and upper primary school students

RESOURCES

- Printed stocking template (A4 size)
- Small heart templates or coloured paper hearts
- Pencils, textas, crayons
- Scissors
- Glue
- Optional: glitter, stickers, ribbon or craft decorations

RUN TIME

25-30 minutes

ACTIVITY DESCRIPTION

1. Class Discussion (10 mins):

Begin by showing students a Christmas stocking or picture of one.

Ask:

- What types of things are usually found in Christmas stockings?
- Why do people enjoy receiving gifts?
- Do gifts always have to cost money to be special?
- What are some things that make Christmas happy that cannot be bought?
- How might Christmas feel for families who cannot afford many presents?
- What can we do to help others feel included and cared for?

Discuss how rising costs can make Christmas challenging for some families and how organisations such as Vinnies help by supporting people with food, practical assistance and a sense of community.

2. Reflection (5 mins):

Ask students to quietly think about what makes Christmas special to them.
Encourage them to think beyond presents and consider things like:

- Spending time with loved ones
- Sharing meals together
- Being kind to others
- Feeling safe
- Helping people in need
- Creating happy memories

Explain that they will be filling their stocking with things that come from the heart rather than the shop.

3. CRAFT ACTIVITY (15–20 MINS):

Provide each student with a large stocking template and several paper hearts.

Students decorate their stocking using colours and craft materials.

On each heart, students write one thing that makes Christmas meaningful.

Examples could include:

- Family
- Hope
- Kindness
- Friendship
- Love
- Community
- Sharing
- Laughter
- Gratitude
- Caring
- Generosity
- Togetherness

Once completed, students glue or place the hearts inside and around the top of their stocking so that the hearts appear to be overflowing.

Extension Option

Ask students to write a short sentence on one of their hearts:

"I can share kindness this Christmas by..."

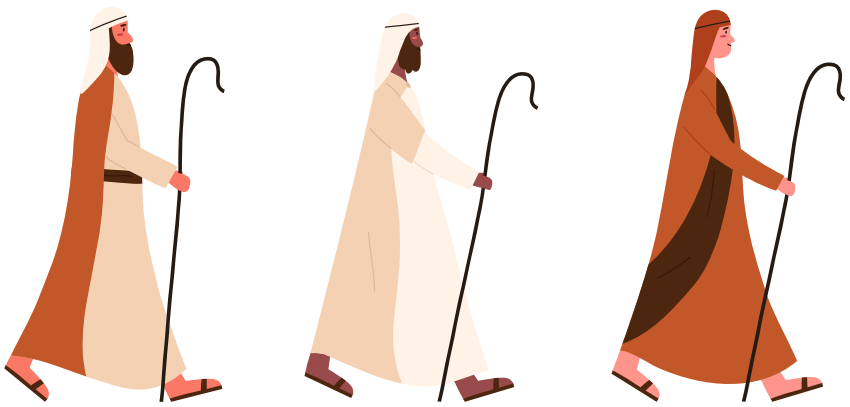
Examples:

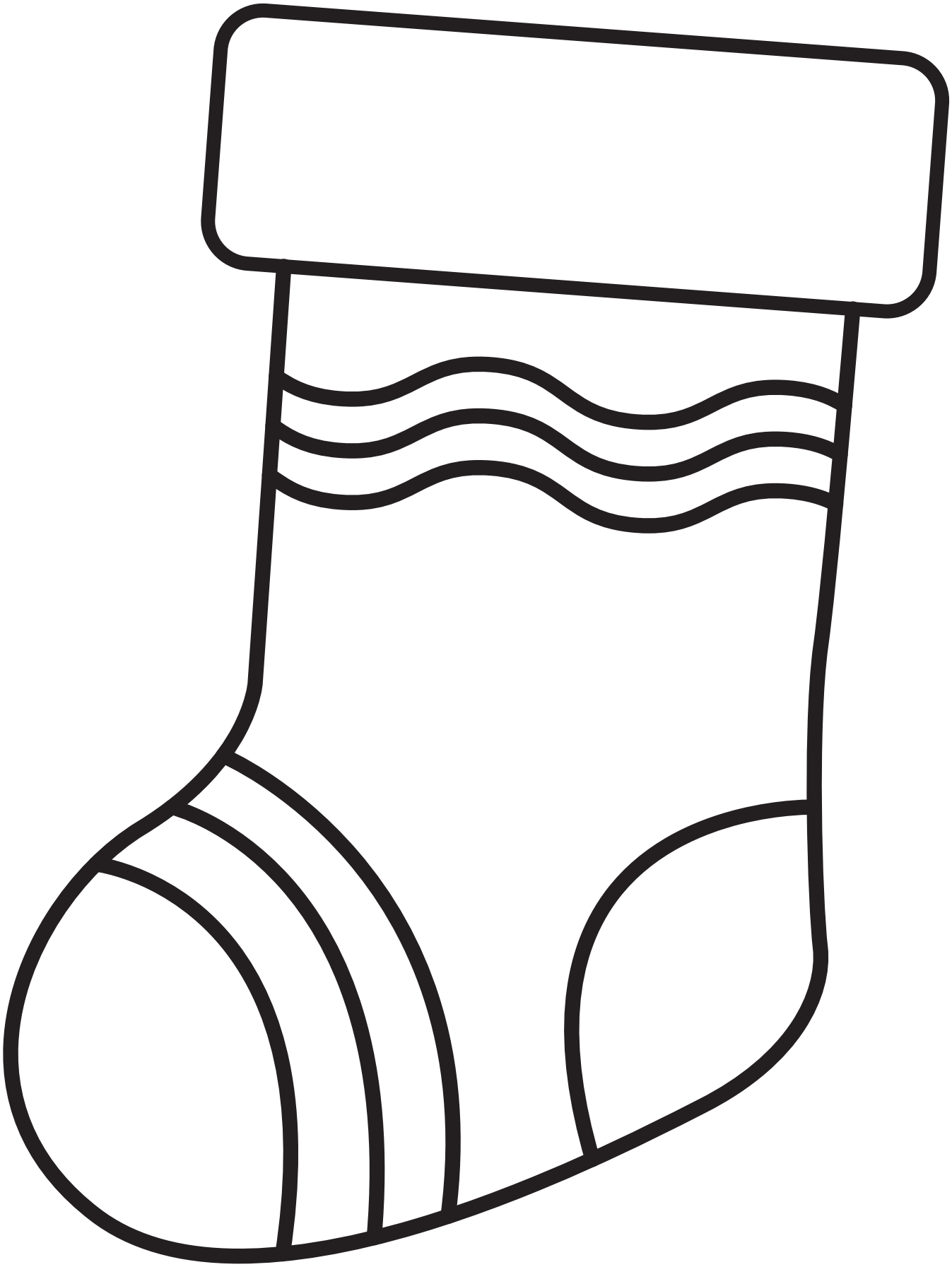
- Helping my family.
- Including others in games.
- Donating to those in need.
- Writing a kind note.
- Sharing with others.

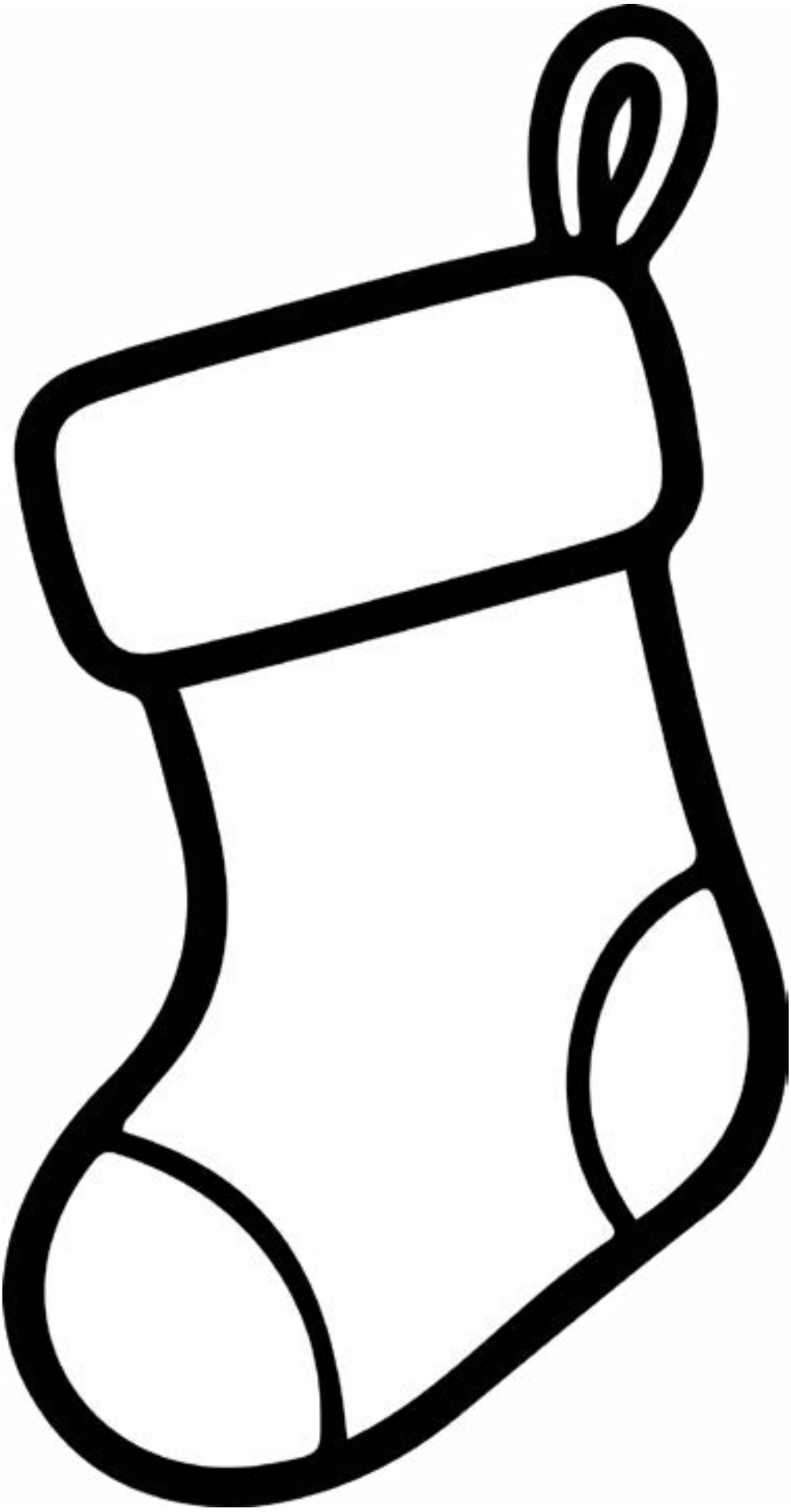
4. DISPLAY:

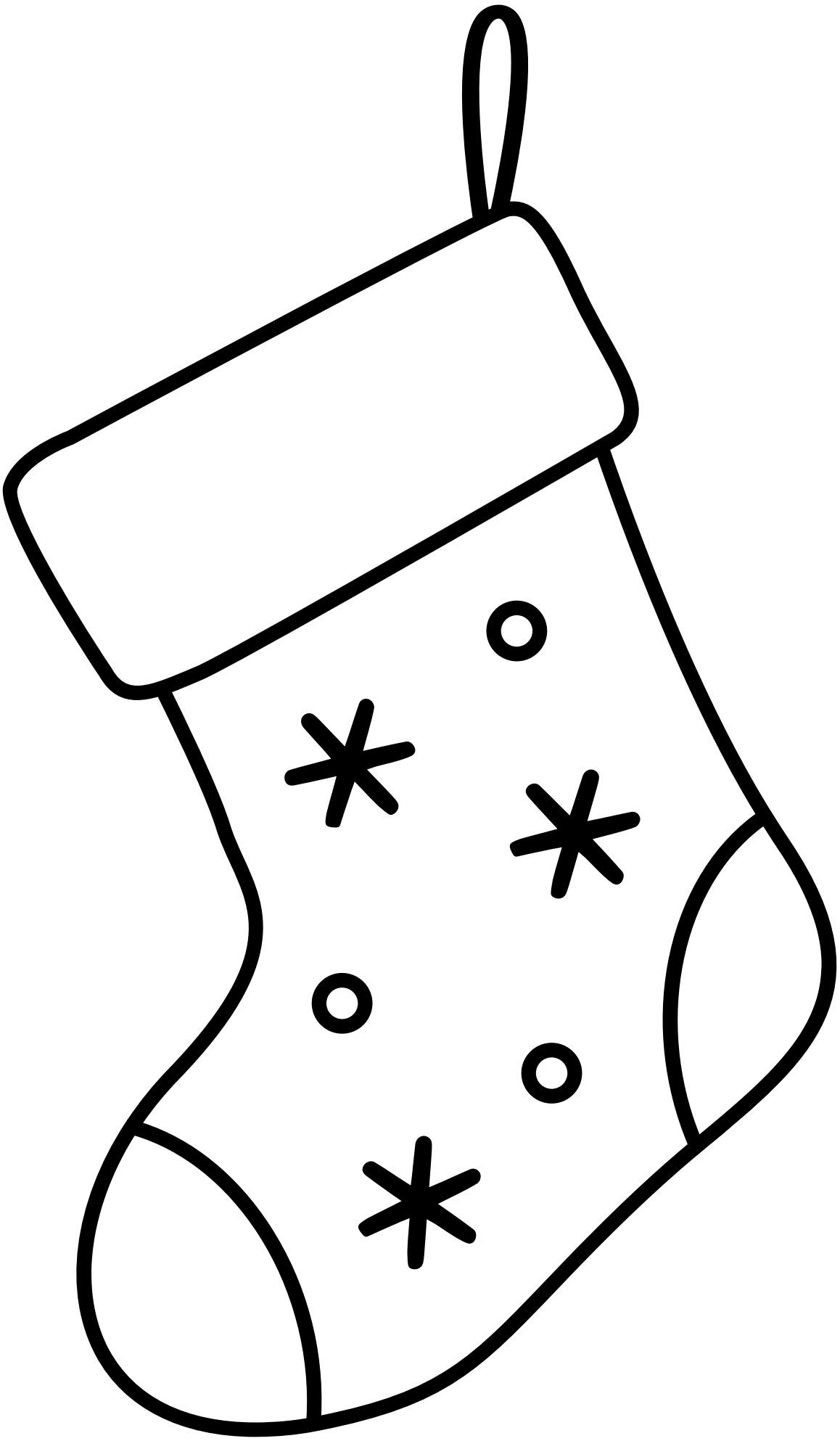
Arrange the stockings together on a wall, noticeboard or classroom window.

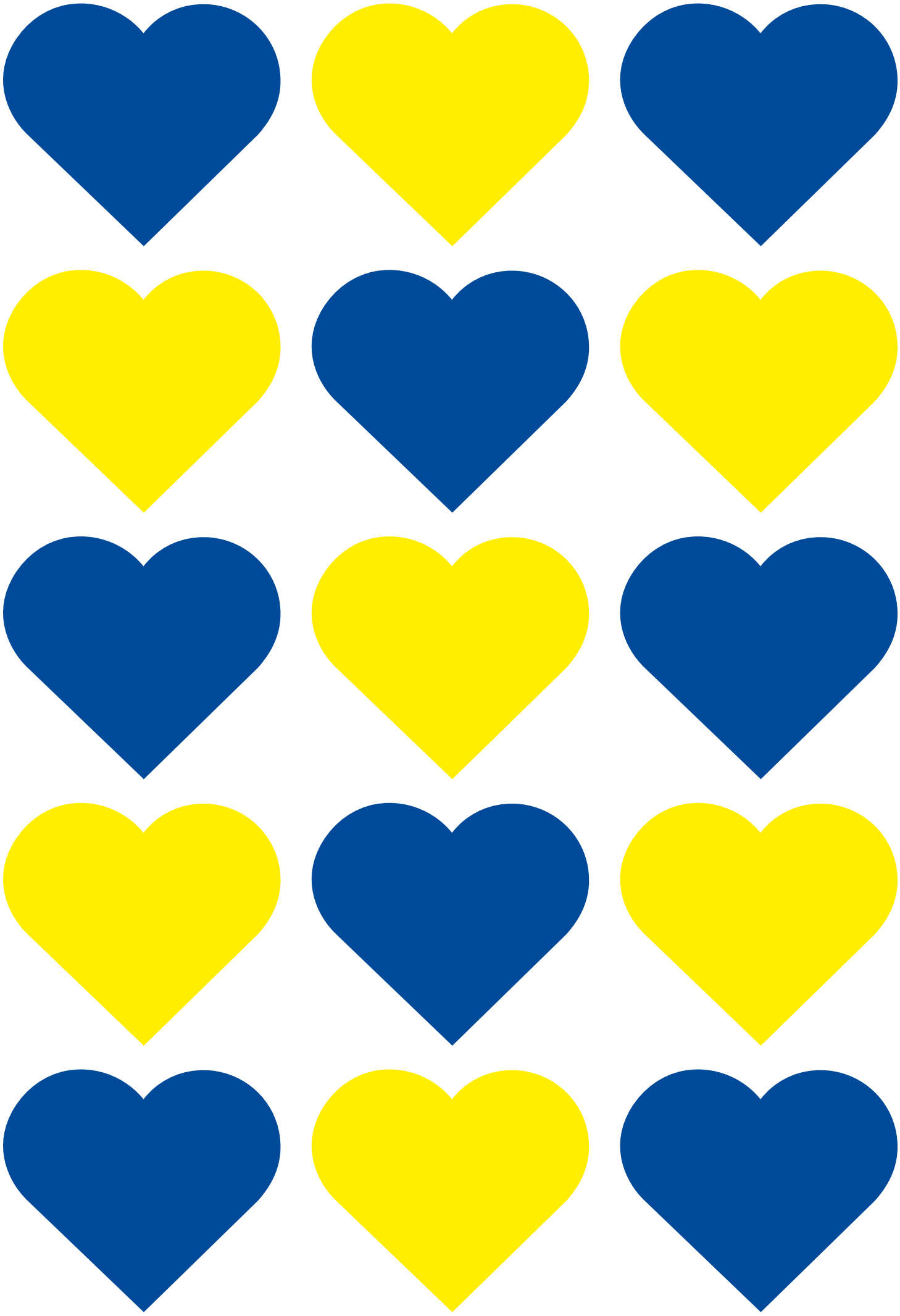
For an added visual effect, position the stockings so the hearts appear to be spilling out and filling the display space.











PRIMARY ACTIVITY

Share the light:
12 Days of Christmas Prayer Cards

Age group: Suitable for lower and upper primary school students.

OBJECTIVE:

Students will reflect on the message of Christmas and creatively share hope, joy, and light with others.

MATERIALS NEEDED:

- 12 Days of Christmas Prayer Card templates
- Coloured pencils, markers, or crayons
- Scissors

INSTRUCTIONS:

1. Choose one or more Christmas Prayer Cards.
2. Read the quote and prayer together as a class, in small groups, as a school or individually
3. Colour the Christmas image on the card.
4. Cut out the completed card.
5. Get creative and share your cards.

SUGGESTIONS

- Give it to someone as a Christmas card.
- Add it to a Christmas display.
- Find your own way to spread Christmas joy.

REFLECTION

- Consider how your card can share hope, joy, love, and kindness with others this Christmas.
- How can you be a light for someone else this Christmas?

CREATIVE CHALLENGE

Use your imagination! Can you find a unique or unexpected way to share your prayer card and spread the message of Christmas with others?

SHARE KINDNESS THIS CHRISTMAS

THE GREATEST GIFT IS LOVE

GIVE WITH A GENEROUS HEART

BE A LIGHT FOR OTHERS

The Gift of Christmas

Loving God,

Thank you for the gift of Jesus and the joy of Christmas. Help us to remember that the greatest gifts are love, kindness, and time spent with others. May we share Your love with everyone we meet.

Amen.

Sharing Kindness

Loving God,

May this Christmas be filled with kindness and care. Help us to notice when others need a friend, offer help when it is needed, and bring smiles wherever we go. May Your love shine through us each day.

Amen.

A Light in the World

Loving God,

Help us to be a light for others this Christmas. When people are feeling sad, worried, or alone, may we bring hope, encouragement, and friendship. Bless everyone with the warmth of Your love.

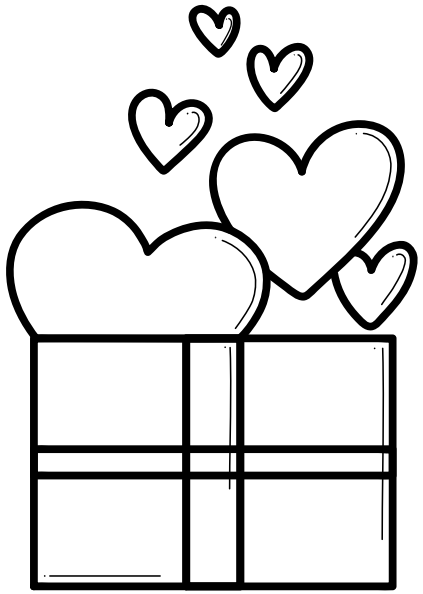
Amen.

Generous Hearts

Loving God,

Thank you for the joy of giving. Help us to share our time, friendship, and kindness with others. May this Christmas bring hope, happiness, and comfort to those who need it most.

Amen.



MAY PEACE FILL YOUR HEART

CHOOSE JOY EVERY DAY

GRATITUDE GROWS HAPPINESS

SMALL ACTS, BIG LOVE

Finding Joy

Loving God,

May the joy of Christmas fill every heart. Help us to find happiness in simple moments, grateful hearts, and time spent with those we love. Bless this season with laughter and peace.

Amen.

Peace at Christmas

Loving God,

Bring your peace into our homes, schools, and communities this Christmas. Help us to be patient, understanding, and kind. May everyone experience the comfort of knowing they are loved.

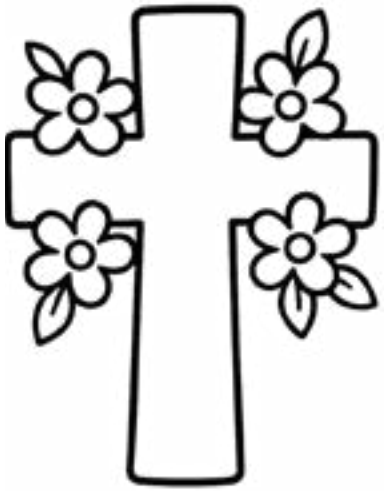
Amen.

Thinking of Others

Loving God,

This Christmas, help us remember those who may be lonely, sad, or facing challenges. Open our hearts to their needs and help us share compassion, friendship, and hope with others.

Amen.



Grateful Hearts

Loving God,

Thank you for the people who walk beside us and support us each day. May this Christmas remind us to be grateful for our many blessings and to share that gratitude with others.

Amen.

WELCOME EVERYONE WITH LOVE

HOPE LIGHTS THE WAY

CARRY THE LIGHT OF CHRISTMAS

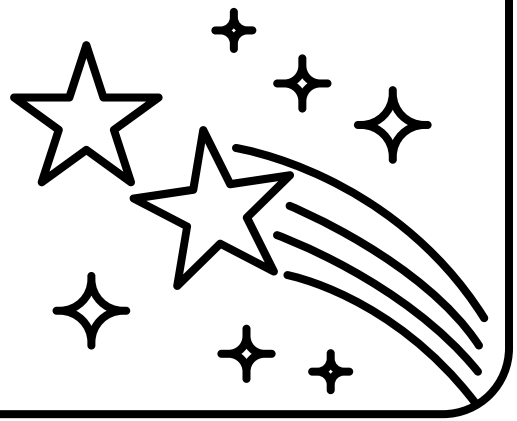
GROW IN LOVE AND KINDNESS

Hope for the Future

Loving God,

When life feels difficult, remind us that Your love is always with us. May the hope of Christmas bring strength, courage, and confidence for the year ahead.

Amen.



Welcoming Everyone

Loving God,

Help us to welcome others with kindness and respect, just as Jesus welcomed everyone with love. May all people feel valued, included, and cared for this Christmas season.

Amen.

Growing in Love

Loving God,

Teach us to be patient, forgiving, and compassionate. May this Christmas help us grow in love and encourage us to bring out the best in one another.

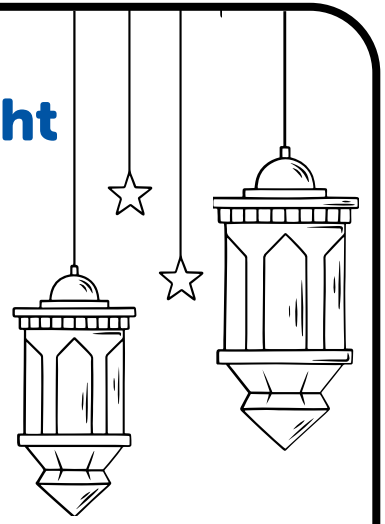
Amen.

Sharing Christmas Light

Loving God,

As we celebrate Christmas, may Your light fill our hearts with hope, joy, love, and peace. Help us to carry that light into the world and make a positive difference wherever we go.

Amen.



SECONDARY ACTIVITY

Christmas Priorities Relay

OBJECTIVE

Explore how rising living costs affect the financial decisions households make at Christmas and recognise that priorities change depending on a household's circumstances.

RUN TIME

30–40 minutes

RESOURCES

- Set of Expense Cards per group
- Set of Household Cards (including the Low Income Family card)
- Pen or pencil
- Calculator (optional)
- Students work in groups of 3–5.

INSTRUCTIONS

Introduction - Explain that households have different circumstances and budgets, which influence how they make decisions, especially over Christmas.

Household Cards - Read out the first Household Card to all groups. Within their groups, students discuss the household's situation and rearrange their Expense Cards from highest to lowest priority for that household.

Continue the Relay - Read the next Household Card and repeat. Students rearrange the same Expense Cards for each new household.

Final Card: Low Income Family - Read out the Low Income Family card. Reveal the family's total budget for the Christmas School Holiday period.

Give the typical cost for each Expense Card (see Teacher Cost Sheet).

Students now plan a budget for this family to have the best Christmas holiday possible.

Share & Reflect - Have groups share their plan and explain their choices. Discuss how budgets and priorities change depending on circumstances.

COST SHEET

Reveal the typical cost of each expense one at a time when the Low Income card is read. Students add up the cost of their top 8 expenses.

EXPENSES	COST
Rent	$650
Groceries	$220
Electricity	$85
Phone & Internet	$80
Petrol	$90
Christmas Presents	$60
Christmas Decorations	$180
Christmas Lunch	$120
Holiday Activities	$55
School Supplies	$45

LOW INCOME FAMILY BUDGET:

$1,100

This is the total amount the family has for the entire Christmas School Holiday period.

EXTENSION

Discuss –

- Which expenses were the hardest to reduce?
- How did different Household Cards change your priorities?
- What trade-offs did your group make?
- How could Vinnies or your community help families facing these decisions?

RENT

The cost of where the family lives over the holidays.

GROCERIES

Food and drinks for the whole household over the holidays.

ELECTRICITY

Keeping the lights on and power running.

PHONE & INTERNET

Staying connected with family, school and work.

PETROL

Fuel for the car for trips, errands and days out.

CHRISTMAS PRESENTS

Gifts for family and friends at Christmas.

CHRISTMAS DECORATIONS

Decorations, lights and festive items for the home.

CHRISTMAS FOOD & TREATS

Special food and treats for Christmas meals and celebrations.

HOLIDAY ACTIVITIES

Things to do these holidays for fun and family time.

BACK TO SCHOOL SUPPLIES

Books, stationery and other supplies for the new term.

TWO WORKING ADULTS

Both adults work full-time and are looking forward to a well-earned break after a busy year. They're hoping to spend time with family, enjoy some festive traditions and make the most of the Christmas school holidays together.

NEW TO AUSTRALIA

This family recently arrived in Australia and are still settling into a new community. English is not their first language, so everyday tasks often take a little more time and support. They are excited to celebrate their first Christmas here while creating new traditions and staying connected with family overseas.

SHARE HOUSE OF UNIVERSITY STUDENTS

Five university students share a rental home to keep costs down. Between part-time jobs, study commitments and catching up with family and friends, they're trying to make the most of their holiday break without spending more than they need to.

FAMILY OF FIVE

Three children are all home for the summer holidays. The family loves spending time together, but keeping everyone fed, entertained and prepared for the new school year takes plenty of planning.

ELDERLY COUPLE ON PENSION

An elderly couple enjoy a quiet and simple life together and value the things that bring comfort and connection. The holidays are about cherished traditions, spoiling their 6 grandchildren, and making the most of special moments.

LOW INCOME FAMILY

This family has been carefully stretching every dollar throughout the year. They want their 2 children to enjoy Christmas and the school holidays just like everyone else, but every decision matters.

SECONDARY ACTIVITY

Merry Meals Activity

CONTEXT:

Christmas and the holidays often bring up thoughts of delicious meals, festive desserts, and party snacks shared with loved ones. However, for many Australians, the increased pressure of food costs over the festive season cause budgets to stretch and stress to rise. Many families will find themselves making challenging decisions to meet their basic needs.

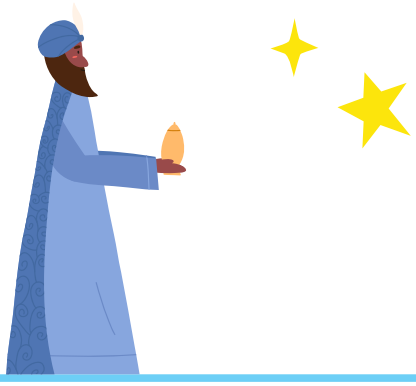
This activity invites you to step into the shoes of one of the many families who will be balancing the increased cost of food and the financial pressures of the Christmas season. Can you make their budget work?

ACTIVITY DESCRIPTION:

Each student will receive a description of a family or individual who is looking to do their Christmas week food shop. Following the specific needs and budget of their assigned situation, the students will use supermarket websites (e.g. Coles, Woolworths, IGA, ALDI) to plan their shopping list for the week of Christmas. You will then spend some time discussing as a class what challenges were faced in the activity and how they might be able to support people experiencing financial stress over the holidays.

AGE GROUP:

Suitable for secondary school students



RUN TIME:

45-50 minutes

RESOURCES:

- Printed *Christmas Week Meal Planning templates* (A4)
- Printed Merry Meals scenarios
- Laptop or ipad with access to the internet
- Pencils/pens

ACTIVITY INSTRUCTIONS

1. Class Discussion (10 minutes)

Begin by discussing what students enjoy eating at Christmas time- considering meals, treats, or party snacks that they enjoy with family and friends. Share activity context.

2. Activity Introduction (5 minutes)

Present each student or small group with a scenario and a Christmas Week Meal Planning template.

Explain that they will be planning all meals/ food for the week of Christmas. They should use supermarket websites to help them plan their meals and track their budgets. Remind students to consider basic food needs (healthy breakfasts, lunches, dinners, snacks) as well as festive treats and meals for the week (seven days) of Christmas.

3. Student Work (20 minutes)

Students plan meals and research ingredient costs for their Christmas scenario.

3. Class Debrief (10 minutes)

Reflect as a class on what challenges were faced and what compromises were made. Did anything surprise the students? How can we support those experiencing financial pressure in our community to feel the joy of the Christmas season?

Merry Meals Planning

Plan for breakfast, lunch, dinner, and snacks each day. Don’t forget the festive treats!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY (Christmas Day)

SATURDAY (Boxing Day)

SUNDAY

SHOPPING LIST	COST

Merry Meals Activity Scenarios

Having recently retired, you and your partner are hosting Christmas on a budget this year. You have a group of six family members coming for Christmas lunch. Can you keep the magic alive for your family while meeting your normal weekly food needs and sticking to a fixed-income budget?

Christmas Week Food Budget: $300

The school holidays are tough on you as a single parent of three school-aged children. The costs add up with all three kids in childcare and without the support of school breakfast club, so your food budget is tighter than normal. You want to make sure their holidays are fun and festive, but you can't spend too much.

Christmas Week Food Budget: $150

You are a uni student living independently in an apartment. You live far from your family and aren't able to go home for Christmas. This will be your first Christmas without them and you want it to feel special! You work a casual role over the holidays, but rent has gone up so you have to be very careful about how much you spend at the shops.

Can you make your limited budget work?

Christmas Week Food Budget: $45

Your family of five always shares special meals together at Christmas! Two of you must follow a strict gluten-free diet. Gluten-free foods tend to be much more expensive, but you want to make sure your special meals are enjoyed by all. Can you stick to your budget while meeting everyone's dietary needs for three special meals and general food for the week?

Christmas Week Food Budget: $400

You are first-time parents with a six-month-old baby. Between nappies, formula, and other baby expenses, money is tight. You would like to celebrate your baby's first Christmas while still covering your regular grocery needs. Can you make the budget work and still fill your first family Christmas with festive joy?

Christmas Week Food Budget: $100

One parent in your family of four was recently made redundant. While you are hopeful about finding work soon, Christmas has arrived at a difficult time. You want to create a positive experience for your children while managing a significantly reduced food budget. Can you make your budget work?

Christmas Week Food Budget: $120

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