

# Church Hamper

## Packing List

### Christmas Hampers for Lakemba

#### Essential food items

1. Rice (basmati is preferred)
2. Flour – plain white or wholemeal (not self-raising)
3. Olive oil
4. Black tea
5. Biscuits (sweet) or packaged cake e.g. Madeira (not fruit cake)

#### Other food items

1. Coffee – instant e.g. Nescafe, Nescafe or cappuccino sachets
2. Pasta
3. White sugar
4. Spices - chilli, cumin, cardamom, cinnamon, pepper, salt; whole ones like black pepper, cloves coriander seeds cumin seeds cinnamon sticks and others as well as powdered spices like ginger, turmeric, coriander, garam masala.
5. Children's treats; e.g. chuppa chups; chocolate; sour strips; M&Ms (no gelatine like snakes)

#### Notes:

**PLEASE DO NOT HAVE THE FOLLOWING:** pork products (spam, canned ham), anything with gelatine or alcohol (incl vanilla essence, lollies with gelatine)

#### Have you checked?

- The items are in date
- The packaging isn't damaged

**We are very thankful for your partnership in the gospel!**