

A small group of SHP parents have been putting together breakfast packs to distribute during the Sacred Heart meal service for about 8 years. It started as an initiative from SHP parents who were not available to drop off food on Tuesdays, but still wanted to contribute to The Dish.

Over the years, these breakfast packs (and subsequently toiletry packs) have been well received by the Dish patrons. Our toiletry packs are done in partnership with the local charity, NSM smiles2U.

Based on P&F feedback, we are now providing the wider school community the option to **donate items for the breakfast and toiletry packs** we put together each term at the SHP food service.

We will continue to need people to provide meals for the service and volunteer their time at The Dish. However, if you struggle to assist on the day, another way to help is to donate items and these will be gratefully received.

As there are size requirements to the items that we can use to pack in each of those ziplock bags, please see the 'guidelines' below for details. There will be a collection tub in the school foyer from **Tuesday 3rd June – Friday 20th June**.

## Thank you for your support of a great cause!

## Items needed for this term

Breakfast Item	Qty
Baked Beans	9
Spoons	5
Fruit Tubs	13
Milk Poppers	36
Juice Poppers	18
Cereal Pack	10
Ziplock bags (21 x 25cm)	25

Toiletries	Qty
Sanitary pads	
- super	45
- regular	43
Shampoo	50
Conditioner	50
Body Wash / Soap	50
Body Lotion	50
Toothbrush & Toothpaste	50
Deodorants:	
- Male	25
- Female	25



## Donation Guidelines

If you are purchasing items rather than donating what you already have at home, please preference environmentally friendly options. A kind reminder that food items donated should still be in-date for The Dish on 1st July. Please find below the updated list for this term.

Food Items	Sample Pics and Requirements
Baked Beans	REINZY BALGE
	220g
Fruit tubs	a constant a
	125g
Cereal Pack	
	Sachets are preferable for ease of packing (25-50g each).
Long Life Milk	
	Full Cream, 200-250ml
Juice Poppers	
	200-250ml

Cutlery and Bags	Sample Pics and Requirements
Durable Bowls (e.g bio-pak)	SIDURE THE STREET
	16-18cm diameter
	The materials should be able to withstand liquids.
Napkins	No special preference
Ziplock bags	22 x 25 cm (for cereal packs) 27 x 33 cm (for female toiletries)



mple Pics and Requirements
res Needed: - Super - Regular - Panty Liners
B C C C C C C C C C C C C C C C C C C C
ales & Females
eferably roll-on, 50-60ml size. No aerosols please.
-50ml size
othpaste 40-50g