



Thank you for considering taking part in sourcing goods for Hayden's Helping Hands. This list will help you collect the most useful items.

Non-perishable food

Tinned food with pull ring (Tuna etc)	Bottled water	Pasta and pasta sauce	Instant noodles
Fruit tubs	Prima's (Fruit juice, Milk etc)	Chips	Biscuits
Muesli bars	Rice	Soups	Chewing gum
		Tinned fruits	Breath mints

Clothes and other items

New toys	Gift voucher (Coles, Woolworths)	Feminine hygiene products	Everyday clothes (new socks, underwear, runners)
Blankets	Deodorant	Toothbrush	Winter clothes (jumpers, pants, beanies, jackets)
Working mobile	Toothpaste	Summer clothes (T-Shirts, shorts, thongs)	
Phones with charger	Soap		
Sleeping bags			

Our sponsors



Arnold Bloch Leibler
Lawyers and Advisers

Thank you - every little bit helps makes a difference

Regards,
Hayden's Helping Hands

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