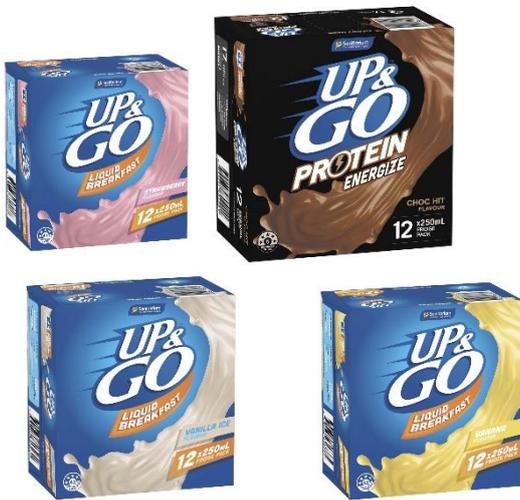




# Youth Vinnies Winter Appeal Food Drive

This year in our Winter Appeal through Youth Vinnies, we need help gathering donated items for our clients who are Homeless or have No Fixed Address. These are the items we have desperate need for to be able assist these people. Imagine you have no access to a kitchen, fridge, microwave, stove, plates, or cutlery, and need to try to stay nourished and healthy. This is what these clients go through daily. Some have access occasionally to hot or boiling water, or a microwave, but sadly many of our clients do not have access to any of these for prolonged periods of time.



**Up&Go** – Breakfast is the most important meal of the day, and it’s very difficult for our homeless clients to get a healthy, nutritious breakfast for sustenance through the day. These do not need to be refrigerated, and are one of our most urgently required items.

**Fruit Cups** - Fruit cups are great for our Food Parcels for our clients who are homeless or have no fixed address, as they are nutritious and don’t require bowls or cutlery, and are single serves so that there is no waste and no need for storage of leftovers.



**Fruit Juice Poppas** – Fruit juice poppas are fantastic to have to give to our clients with No Fixed Address. Choosing poppas with real fruit juice is much more beneficial to assist these clients in getting essential vitamins and minerals each day.



**Ring Pull Tuna, Chicken, and Salmon** – One of the best items we can supply our clients with no fixed address with is tinned individual Tuna, Chicken, or Salmon with a ring pull top. These provide vital protein, and as a result area very high demand item to provide to our clients to maintain their health and nutrition. These are always greatly appreciated, and come in a wide range of flavours, whilst also being very inexpensive.



Ring Pull tops are vital, since clients do not have access to can openers.

**Cup Noodles** – Cup noodles are a great addition to food parcels for clients with no fixed address. Even if the client can't access boiling water, crushing up the noodles with the seasoning packet added is tasty, and assists in providing necessary Carbohydrates for energy. Additionally, the cup can then be rinsed out and re-used. Packet noodles are unfortunately not suitable, as bowls that can withstand boiling water are hard to come by.



### Muesli Bars / K-Time type Bars –

Muesli Bars and K-Time type bars are great additions as healthy snacks to bolster nutrition for our clients without access to kitchens. They have a long shelf life, are light weight and easy to carry around, and provide additional sustenance when clients need it.

**Le Snack** – Le Snack cheese and cracker packs (or similar alternatives) are fantastic since they don't require refrigeration, and are a rare source of calcium for these clients (apart from the wonderful nutrition in Up & Go for breakfast). Again, this is a rare food for our homeless and no fixed address clients to be able to access, and a much-appreciated addition to Food Parcels we provision to them.





**Chips and Biscuits** – Variety packs of chips and biscuits are great donations for us to include in our Food Parcels for our clients with no fixed address or who are homeless. Adding a pack of chips and a pack of biscuits gives our clients a tasty snack that is more of a special treat, and helps them access foods they may not have had access to for a significant amount of time, and gives them the opportunity for a sense of normalcy by having a ‘treat food’, as well as being a comfort food for people who truly need it.



## Items we do not need donations of:

**Canned Spaghetti and Baked Beans** – We have a large supply of canned spaghetti and baked beans already, and do not require donations of these items. We do include these in our Food Parcels already.



**Soups** – We have a large supply of soups already, and as they require heating they are unsuitable for our needs in this drive, and therefore we do not require donations of soups. We instead provision special canned meals in these Food Parcels which are edible cold if necessary and have a higher nutritional value, of which we have a significant volume.



**Canned Vegetables and Tomatoes** – We have a large supply of canned tomatoes, corn, and vegetables remaining, and they are also unsuitable for our needs for this drive, and therefore we do not require donations of these items.



**Canned Beans** – We have a large supply of kidney beans, chickpeas, lentils etc remaining in our pantry, and as they are unsuitable for our needs in this food drive, we do not require donations of these items.



**Thank you for all your help and support in this time of need!**