



THE GREAT
Christmas
GIVEBACK!

Here are some of the items that make up the Auckland City Mission food parcels when people are in a crisis.

Food parcels contain enough food to last approximately four days, which should see people through a crisis.

Last year the Mission distributed 12,753 food parcels.

- Baked beans
- Spaghetti
- Tinned tomatoes
- Vegetable tins
- Soup tins
- Fruit tins
- Canned meat
- Canned fish
- Packet sauces
- Creamed rice
- Spreads: jam, peanut butter, honey, etc
- Flour
- Sugar
- Teabags
- Rice
- Pasta packet
- Biscuit packet
- Cereal
- Cup-A-Soup

Toiletries

- Toilet rolls
- Soap
- Shampoo

Thank you

FOR MORE INFORMATION:
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