

**Thank you for your interest in supporting Zig Zag, your generosity and effort means so much to us!**

Please find below a list of the items we are currently most in need of, to help guide your donation drive.

Once you have collected your donations, please reach out to us via email [donations@zigzag.org.au](mailto:donations@zigzag.org.au) or give us a call 07 3843 1823 to arrange a suitable delivery time prior to dropping them off. We truly appreciate your kindness and support!

## Emergency Pantry Essentials

### Food & Cooking

- Tinned baked beans and spaghetti with ring-pull lids
- Tinned and packet meals that just need to be heated or eaten cold (easy to open)
- Jars of meal sauces
- Two-minute noodles
- Packets of pasta & rice
- Microwave pasta & rice packets
- Boxes of cereal (e.g. rice bubbles, corn flakes, weetbix)
- Long life milk (1 litre)
- Small jars of peanut butter, vegemite, jam, honey
- Tomato and BBQ sauce
- Savoury and sweet biscuits
- Multi-packs biscuits (sweet and savoury)
- Lunch box snacks (e.g. cheese and crackers, jelly cups, fruit tubs)
- Juice poppers for kids
- Sugar, coffee, tea, milo
- Cordial
- Cooking oil spray
- Glad wrap

**Fun food and drinks are always welcome and a lovely treat for young people and their children** (soft drink, chips, corn chips, microwave popcorn, chocolates, lollies, etc.)

### Baby & Kids

- Nappies (sizes 1 -6) and baby wipes
- Kids' toothpaste and toothbrushes
- Baby and kids' body wash

### Personal Care

- Shampoo and conditioner (full-size)
- Body wash (full-size)
- Toothpaste and adult toothbrushes
- Roll on and spray deodorant

### Cleaning

- Washing powder
- Dishwashing liquid
- All-purpose cleaner (e.g. spray and wipe)
- Toilet cleaner

## General Items Wishlist

- Brushes, combs, scrunchies and hair bands
- Moisturiser (face and body)
- Sunscreen (adults and kids)
- Gift vouchers from Coles and Woolworths.

# Thank you!