

Homeless Care Basket Shopping List



Week	Week beginning	Item	Size	✓
1	28 Jul	Shopping Bag – zip up OR Sling Backpack	1 bag	
2	4 Aug	Breakfast/Cereal/Muesli Bars	185g	
3	11 Aug	Cracker Kits (tuna, cheesy spread)	135g	
4	18 Aug	Fruit Cups/ Snack Tubs	125g	
5	25 Aug	Chocolate/ Nutella Snack Pack	125-180g	
6	1 Sep	Sultanas/Dried Fruit plus Mints/Tic Tacs/ Gum	25-35g	
7	8 Sep	Water Bottle/ Bottle of water (re-usable)	400-500ml	
8	15 Sep	Cheese Sticks 12 pack / Box of Shapes biscuits	100-150g	
9	22 Sep	Plastic sheet (such as painting drop sheets – flexibly used to protect belongings and self from wet weather)	2.6 x 3.6m	
10	29 Sep	Bag of lollies (e.g. snakes, party mix, gummie bears) <i>Note: avoid chocolates as they can melt</i>	150g	
11	6 Oct	Wet Wipes/ Facial Wipes (Alcohol/ Fragrance free)	1 pack 100g	
12	13 Oct	Band aids + Chap stick	15/40 pack 1 stick	
13	20 Oct	Socks	1 pack	
14	27 Oct	Sunscreen	75-100ml	
15	3 Nov	Toothbrush & Toothpaste	240g	
16	10 Nov	Your own Christmas touch		
Optional Extras				
17	17 Nov	Roll-on Deodorant/ Moisturiser/ Antibacterial Hand Sanitiser	Travel size	
18	24 Nov	Christmas Gift wrapped - Thongs/Cap/Beanie/Playing cards	1 pack	
19	1 Dec	Catch-up, Touch-up and Assemble	Pack and prepare your bag for drop-off	