



**Ronald McDonald
House Charities®**
Greater Western Sydney



Ronald McDonald House Charities Greater Western Sydney supports over 3,500 families each year, providing care and comfort through our Westmead House and Hospitality Carts. Your generous in-kind donations make a world of difference, helping to ease the burden faced by the families in our care.

We are always grateful for the following essential and relief items, which lighten the load and bring a bit of joy to their journey.

Pantry essentials

- Coffee sachets
- Sugar sachets
- Breakfast spreads
- Tea
- Milo
- Long-life milk (full cream, skim, lite, almond, oat, lactose-free)
- Wholegrain cereal
- Savoury snacks (e.g., popcorn, rice snacks, pretzels, individual chip packets)
- Energy bars (e.g., muesli, granola, protein)
- Nut & fruit trail mix snack packets
- Biscuits (sweet and savoury)
- Dried fruit snack packets
- Fruit in syrup/jelly cups
- Juice poptops/poppers
- Bottles of water (small)
- Microwave popcorn
- Easy-made pantry meals (e.g., continental packs, Mexican kits)
- 2-minute noodle cups and packets
- Mac & cheese cups and packets
- Quick rice microwave cups/packs
- Tinned tuna and salmon
- Tinned veggies (e.g., tomato)
- Tinned legumes and beans (e.g., chickpeas)
- Tinned fruit
- Baby food jars and pouches
- Baby snacks (e.g., bars, biscuits, single-serve packs)
- Toddler dry snacks
- Cake mixes

Other household essentials

- Paper towel
- Brown paper bags
- Ziploc bags (snack size)
- Bin liners (medium and large)
- Tea towels
- Hand soap
- Hand sanitiser
- Mouthwash
- Laundry detergent
- Tissues
- Hygiene products (e.g., pads, tampons, toothpaste)
- Children's body wash
- Scourers with handle
- Disinfectant spray and wipes (e.g., Glen 20, Dettol)
- Laundry powder
- Nappies (size 4, 5, 6, pull-ups)
- Nappy bags
- Bonds two-way zip bodysuits (size 0, 1, 2, 3)
- Basic kids' clothes (newborn to 10 years old; must be new/unused)
- Cot sheets
- Gift wrapping paper
- Umbrellas
- AAA & AA batteries
- Doonas (queen size)
- Baby toys (e.g., rattles, etc.)
- Crocheted toys and small handmade teddies for newborns/toddlers
- Barbie dolls
- Action figures (e.g., Batman, Spider-Man)
- LEGO (all ages)
- Activities for teenagers (e.g., UNO)
- Small art & craft activities for teenagers
- Entertainment activities (e.g., colouring books/pencils for kids and adults, word puzzles)
- Craft supplies

Donations will be gratefully received at 1 Labyrinth Way, Westmead 2145.
These may be dropped off or delivered between 9am and 5pm, seven days a week.
Please include your name and "Wishlist" as reference. Thank you for your generosity.