

2023 VINNIES CHRISTMAS APPEAL

SCHOOLS KIT

WHAT'S IN THIS PACK?

1. 2023 Vinnies Christmas Appeal Introduction
2. Case Study – Anna's Story
3. Cost of Living: By the Numbers
4. How to Give
5. Activities (see table below)
6. References



Classroom Activity	Lower primary	Upper primary	Lower Secondary	Upper Secondary	Run time (minutes)	Page number
See Think Do: Anna's Story	✓	✓	✓	✓	30-40	7-8
12 Days of Christmas	✓	✓	✓	✓	30-40	9-10
Christmas Cards of Hope	✓	✓	✓	✓	45-60	11
Cost of Living: Then vs Now		✓	✓	✓	30-45	12-13
A Very Vinnies Christmas	✓	✓			30-40	14-16
Cost of Living Challenge			✓	✓	45-60	17-30

DEAR TEACHERS AND STUDENTS,

The Vinnies Youth Team is delighted to share with you the 2023 Vinnies Christmas Appeal Schools Kit to assist you and your school community in facilitating this year's Appeal.

This year, the focus of the Vinnies Christmas Appeal is on the **continuing impacts of the cost-of-living-crisis in Australia**, including rental and housing affordability and its compounding effects.

This Christmas, more families are experiencing poverty and are on the brink of homelessness. After struggling with the cost-of-living crisis for over a year, they barely have anything left to hold on to. As the crisis deepens, so does their desperation. Your urgent help can provide relief.

With the price of necessities rising at a relentless rate in Australia, Vinnies has seen a growing number of people relying on support from our services to get by – many are seeking assistance for the first time. The 'working homeless' is a group within Australia that is also on the rise. This new term has been coined to describe individuals and couples with single, or dual incomes, who are still not able to afford basic necessities such as a roof over their head or a meal to eat.

In addition to escalating grocery and utility costs, the added forces of low housing stock, increased rents and high interest rates are all contributing to the daily struggles that many vulnerable people in Australia face. In extreme cases, this perfect storm has led to individuals and families finding themselves experiencing homelessness and in dire need of support.

Here at Vinnies, our dedicated Members, volunteers and staff work tirelessly to address the challenging realities that many people in our communities face on a daily basis. The materials and funds raised through the Vinnies Christmas Appeal are essential in allowing the Society to respond to the growing demand for support and to help ensure that assistance reaches those in need to relieve the additional pressures of the festive season.



The following suite of activities have been compiled by Vinnies Youth staff for use of school communities during the 2023 Vinnies Christmas Appeal. In this pack, you will learn about the rising impacts of the cost-of-living crisis, ways to give and activities for students to learn about inflation as a social justice issue which perpetuates disadvantage.

Your school's support of the Vinnies Christmas Appeal will not only provide much needed relief to so many who are currently burdened by a daily struggle of survival, comfort and dignity, but will also gift joy and hope this holiday season.

Thank you very much for taking the time to promote the Vinnies Christmas Appeal and for your contributions towards the critical work of the St Vincent de Paul Society.

On behalf of all at Vinnies, we wish you a joyful holiday season!

The Vinnies Youth Team

P.s. If you or someone you know needs support, please call our helpline on 13 18 12.

CASE STUDY: ANNA'S STORY

As the cost of everything goes up, except her income, Anna faces an uphill battle that she can never get ahead of each week.

"It's been debilitating," laments Anna.

Raising two children as a single mother receiving a disability support pension, the struggle to stay on top of her rent, household bills, groceries and unexpected expenses on an income below the poverty line led Anna to reach out to the Society for support.

Hoping to gain assistance to purchase a school uniform for her son, Anna received much more when she met Grace, a staff member at one of the Society's support centres located throughout the state.

Receiving immediate assistance with a school uniform, food vouchers and groceries, Anna felt seen, heard and treated with dignity at her most vulnerable time of reaching out.

"[Grace] said, 'how can we help you?'"

"I walked out feeling so grateful and touched that there was just such kindness in the world."

For Grace, who has spent the past 15 years supporting people in need as part of the Society, stories like Anna's are becoming commonplace and occurring across all walks of life.

"It's not just one group of people that are doing it tough – we're talking about age pensioners and older people and single mums and families and single men and older single women – it is everyone," explains Grace.

"It is everyone coming at us from all angles for all different reasons.

"Food is a big thing – if someone's paying their rent, their utilities, maybe some school fees, clothes – there's not enough left to do the fortnightly shop."

In the past year alone, one-in-three people have sought assistance from members of the Society for the first time, while close to half have felt the strain of housing stress due to rent increases and rising interest rates.

Grace regards the current crisis as the worst she has experienced in her time with the Society,

regularly encountering stories of people trying to stay afloat by taking on debt and drawing on superannuation.

"In the past, you might give someone some help with food or pay a bill for them, and they sort of moved on and that was it."

"Now it's so much more."

For as difficult as the current moment is – and will continue to be in the lead up to Christmas and beyond – she finds comfort in knowing that the Society has the ability to provide support.

"When people make the connection with Vinnies, they realise that we're not just there for the immediate problem."

"[With Anna], we were able to do so much more and lighten the load for her in more ways than one.

"We're there for the long term... we look at the bigger picture so that we can make a real difference."

As cost of living pressures continue to mount, Anna has remained in contact with the St Vincent de Paul Society where she has received support with food and housing expenses from our staff, who work alongside a network of dedicated members giving their time to support the most vulnerable in local communities.

For all the material support Anna has received since reaching out to the Society, the greatest comfort has been the reassurance to know that she won't be alone during hard times.

"I know that I will never have to reach rock-bottom again. I know Vinnies will be there for me."



HOW TO GIVE

TO GIVE FINANCIALLY

Financial donations allow us the flexibility to direct funds where they are most needed. It also gives those we assist the sense of dignity and joy of choosing their own items, which many of us may take for granted. You can nominate a financial gift toward your local area or a particular Vinnies service if you wish.

To donate financially, you can either;

1) Create your own personalised online school fundraising page at: <https://fundraise.vinniesnsw.org.au/fundraise-your-way>

or

2) Raise funds (offline), and then donate at our website: <https://donate.vinnies.org.au/donation-hub>
If you would like your donation to go to your local Conference or Service, please be sure to include the name of the Conference or Service when donating through the online portals.

3) Via direct deposit to:

Payee Name: St Vincent de Paul Society NSW

Street Address: 2C West Street, Lewisham

Bank Name: Commonwealth Bank

Branch: Leichhardt NSW

Account Name: SVdP Appeals

BSB: 062 193

Account Number: 1005 7471

Reference: 00-156

*Cheques can be written to
“St Vincent de Paul Society NSW” and mailed to:
PO Box 5, Petersham, NSW 2049

Please send a Remittance Advice to
remittances@vinnies.org.au and copy your Schools
and Youth Engagement Officer

TO GIVE HAMPERS, FOOD, OR GIFTS

Your local Conference Members are doing good works in the community every week and are best placed to understand the needs of the people they serve.

Usually Conferences are excited to receive your hampers, although it may be preferable in *some* circumstances to give gift cards or financially instead. Check in with your local Conference to find out!

Where do the hampers go?

Hampers are delivered to families in your community who have called upon Vinnies for a hand-up.

To uphold the dignity of those receiving the hamper, please ensure that all food items are not due to expire for at least 6 months. All items must be non-perishable and undamaged. Look out for packaged food with a Health Star Rating of 3.5 or above. The more stars, the better!

Tip: One way to organise the hampers is to allocate families to different classrooms.

Consider the needs of the family, and adjust the hamper accordingly.

CHRISTMAS HAMPER IDEAS

Below are some items you might consider putting into a family hamper. You might like to include a handmade Christmas Card of Hope (see activities section of this pack for instructions).

- | | |
|--|--|
| <input type="checkbox"/> Christmas pudding | <input type="checkbox"/> Biscuits – sweet, savoury |
| <input type="checkbox"/> Long-life custard | <input type="checkbox"/> Christmas lollies |
| <input type="checkbox"/> Tea and Coffee | <input type="checkbox"/> Jelly |
| <input type="checkbox"/> Milo | <input type="checkbox"/> Spreads – jam, vegemite |
| <input type="checkbox"/> Long life milk | <input type="checkbox"/> Cereal |
| <input type="checkbox"/> Tim Tams | <input type="checkbox"/> Pancake mix |
| <input type="checkbox"/> Christmas lollies | <input type="checkbox"/> Tinned vegetables |
| <input type="checkbox"/> Fruit cake | <input type="checkbox"/> Gravy mix |
| <input type="checkbox"/> Tinned fruit | <input type="checkbox"/> Soup |
| <input type="checkbox"/> Cordial | <input type="checkbox"/> Dried pasta |
| <input type="checkbox"/> Long-life juice | <input type="checkbox"/> Pasta sauce |
| <input type="checkbox"/> Cereal | <input type="checkbox"/> Bonbons |
| <input type="checkbox"/> Fruit mince pies | <input type="checkbox"/> Christmas Decorations |
| <input type="checkbox"/> Shortbread | <input type="checkbox"/> Christmas gifts (new) |



CHRISTMAS GIFT IDEAS

Gifts for individuals and families can help make someone's Christmas extra special.

We have added some ideas below. It is good to check with your Conference what items the families they support require. We also recommend asking your Conference if you can assist with gift wrapping.

Note: if your local Conference is inactive or does not require additional donations at this time, check in with your Schools Engagement Officer about which local Vinnies Service(s) or Support Centre may require support this Christmas.

Babies and Toddlers

- ☐ Rattles
- ☐ Blankets/Comforters
- ☐ Building Blocks
- ☐ Bath Toys
- ☐ Soft Toys
- ☐ Musical toys
- ☐ Storybooks

Young Children (4-8yrs)

- ☐ Sports equipment
- ☐ Books
- ☐ Dolls
- ☐ Outdoor games
- ☐ Board games
- ☐ Toy cars or trains
- ☐ Stationery
- ☐ Colouring-in books/textas
- ☐ Dress-up costumes
- ☐ Water pistols
- ☐ Christmas stocking

SHARE YOUR EFFORTS!

Share your pictures and stories
by tagging us on
Instagram: @VinniesYouthNSW
and Facebook: @NSWVinniesYouth



Older Children (9-12yrs)

- ☐ Lego
- ☐ Cards games
- ☐ Magic Trick set
- ☐ Books
- ☐ Activity books
- ☐ Puzzles
- ☐ Hair accessories
- ☐ Outdoor equipment
- ☐ Shopping/Gift cards
- ☐ Water pistols
- ☐ Christmas stocking

Teenagers

- ☐ Movie Vouchers
- ☐ Body lotions
- ☐ Accessories (e.g. caps, jewellery)
- ☐ Deodorant packs
- ☐ Shopping/Gift cards
- ☐ Books
- ☐ Perfume/spray packs
- ☐ Make-up (e.g. lip gloss, nail polish)
- ☐ Beach Towels
- ☐ Bags, back-packs
- ☐ Christmas stocking

Adults

- ☐ Books
- ☐ Perfume or deodorant packs
- ☐ Cosmetic gift packs
- ☐ Movie vouchers
- ☐ Homewares
- ☐ Hampers
- ☐ Vinnies Vouchers

THANK YOU FOR PARTNERING WITH US TO CHANGE LIVES!

COST OF LIVING: WHAT ARE THE NUMBERS?

Here are some suggested speaking notes based on the focus of our 2023 Christmas Appeal – *the rising cost of living pressures*. You can adapt these to the audience or year group of your students to encourage their participation in this year's campaign.

THE NEW SOUTH WALES COUNCIL OF SOCIAL SERVICES (NCOSS) 2023 COST OF LIVING SURVEY FOUND THAT:

- 62% of NSW residents had gone without essentials or could not afford to pay for essentials in the past year
- There has been a 33% increase on people skipping meals, prescribed medication and healthcare in the last 12 months
- 1/3 of renters are in extreme housing stress, greater than half household income is spent on housing costs
- 64% of people have no money set aside for emergencies

Around 1/4 people living in poverty have a job but are now the 'working poor' as cost of living pressures grow and wages decline in real terms

In FY22-23, Vinnies NSW assisted more than 40,500 people with food, material items and assistance for energy and other bills, totalling \$13.4m. This represents nearly a 60% increase in the value of assistance provided in the previous year

In FY22-23, Vinnies NSW saw the number of people requesting assistance for the first time increase by 1/3

Renting in NSW has increased by more than 10% in 12 months, well above inflation and wages growth

Over the past 12 months, food prices in Australia rose between 7-8% and utilities prices between 12-14%

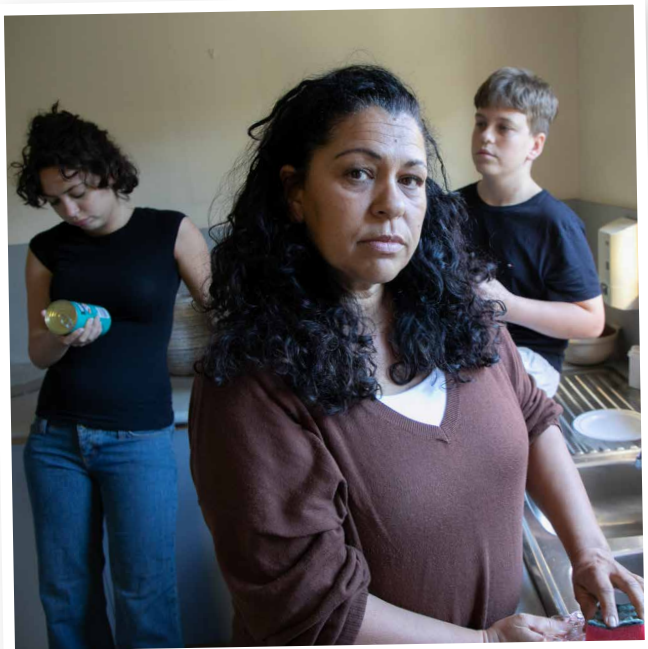
Australia has seen 10 consecutive cash rate hikes from a low of 0.1% in April 2022 to 4.1% in September 2023

Rental prices in Australia are up 11.5% in the last 12 months. In June 2023, Sydney, Melbourne, Brisbane, Adelaide and Perth house and unit rental costs reached a record high. This has collided with a mismatch of heightened demand and supply constraints.

IF YOU OR SOMEONE YOU KNOW NEEDS SUPPORT, PLEASE CALL OUR HELPLINE ON 13 18 12.

All sources listed on Page 32.

SEE THINK DO: ANNA'S STORY



Context: Refer to the case study about Anna's story and read together as a class.

Age group: Suitable for primary and secondary school students

Resources:

- Compass worksheet (see Page 8)
- Pens/pencils

Run time: 30-45 minutes

Activity Description:

1. Provide each student with a Compass worksheet

2. Ask each student to complete the worksheet using the following compass points:

E = EMOTIONS:

What do you feel after hearing Anna's story? What emotions does it make you feel? What might you feel if you were in this situation?

W = WORRIES:

What worries do you have for Anna and families like hers? What worries you do think Anna has leading into Christmas?

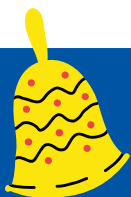
N = NEEDS:

What are some of the needs that Anna and others like her might have? What basic needs do we all have that might not be being met for families like Anna's?

S = SUPPORT:

Where can families like Anna's get the support they need? What role might you play in helping with this?

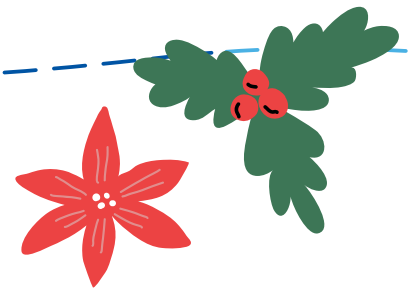
3. Share the thinking: Share your compass point responses with the rest of the class. Are there any common themes in each of the categories?



Check out the **HOW TO GIVE** page to see what you can do to support and help people in need this Christmas.

COMPASS WORKSHEET

 EMOTIONS	 WORRIES	 NEEDS	 SUPPORT



12 DAYS OF CHRISTMAS

Here are some ideas for what you could do in the lead-up to Christmas to spread hope and joy!

Age group: Suitable for primary and secondary school students

Run time: 30-40 minutes a day

1

PRAY FOR THOSE IN NEED

Think about those who need God's help this Christmas, whether it's for healing over sickness, loneliness, needing a safe place to live, or something else.

Then take the time in a quiet space by yourself to pray for each person and their needs. You might also invite your family, classmates, or friends to pray with you at a special time.

2

CHRISTMAS CREATIVE WRITING

Use your words to spread cheer and share what Christmas means to you! Use your creative writing skills to:

- Write a Christmas poem.
- Make up a Christmas Short story
- Put together a Christmas song or rap

When it's ready, share with your class or your family to show what Christmas truly means to you.

3

NEIGHBOURHOOD SIGN

With your family, create a beautiful sign with a positive message for your neighbourhood or the community.

You can hang it in a front window or on your fence for people to see when they pass by to brighten their day!



4

THANK YOUR TEACHERS!

How can you show your gratitude to your teacher/s for the amazing work they've done teaching you this year? You could...

- make them a drawing
- write a note or poem
- send an email
- do some Christmas baking, like rocky road!

5

CHRISTMAS DECORATIONS

Create some crafty Christmas decorations for your home, classroom, or even to deliver to a local Vinnies Service.

There are lots of great ideas online, or you can use your imagination!

Extra points for using recycled materials!



6

CHRISTMAS BAKESALE

Hold a Christmas-themed bake sale to raise funds for those in need – there are lots of fun and easy Christmas recipes online!

Share pictures of your baked goodies with your local Conference or Vinnies Youth Engagement Team.





7

DONATE

Donate money raised during a fundraising event (eg, crazy hair day) to the Vinnies Christmas Appeal, or donate food* (can be in hampers) to your local Conference so they can distribute it among those in need in your local community.

*Make sure all donated foods are non-perishable

Donate at: <https://donate.vinnies.org.au/donation-hub>

8

CHRISTMAS CARE PACKS

Create a care pack for someone in need and drop it off to your local Vinnies store. A care pack might include: A bag filled with shampoo, soap, tooth brush and toothpaste, hand cream, deodorant etc. You might also like to include a homemade Christmas card to whomever will receive your pack.

https://youthnsw.vinnies.org.au/wp-content/uploads/2018/01/HS_Making-Care-Packages.pdf

9

PERFORM CHRISTMAS CAROLS

Who doesn't love carolling? Gather with your classmates and rehearse your favourite carols. You may like to do a short performance for your local Vinnies Conference, an aged-care facility, or another community service. You can record your carols and send digitally, or do it in person!



10

SPREAD CHRISTMAS CHEER

Thoughtful, well-chosen words can really make someone's day!

Each student writes a positive Christmas message on a slip of paper and places them in a hat. Each day in the lead up to Christmas (or when you are in need of a little bit of extra cheer), a student can pick a Christmas affirmation to read aloud to the class.

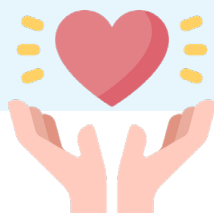
11

LEND A HELPING HAND

What can you do to lend a helping hand?

Could you do some extra chores at home for your parents or carers? Could you do it not for pocket money, but to show you care?

Maybe you could help your teachers at school with end of year cleaning in the classroom.



12

12 DONATE YOUR OLD TOYS

There are many children who will have to go without this Christmas.

Have a look through your toys at home and pick a few that you don't use anymore. Make sure that they are clean and still in good condition. Either as a class or individually, students can gather old toys to drop off at the local Conference or Vinnies store.

CHRISTMAS CARDS OF HOPE

Context: A handmade Christmas Card is a great way to uplift someone in-need this holiday season. You can put your personal touch by designing the card yourself and adding a message of hope inside. You don't need to write your name on the card, just a simple Christmas message will do. Your local Conference Members will be sure to give it to someone special.

We encourage you to include the St Vincent de Paul Logo on your card, you can find a printable for our Logos here: <https://fundraiseforvinniesvic.org.au/wp-content/uploads/2023/09/SVDP-Logos-for-Cards-of-Hope.pdf>

Note for teachers – Please plan your activity to get the cards to your local Conference, Vinnies Support Centre and/or Vinnies Service by the first week of December to ensure they are delivered before Christmas.

Age group: Suitable for primary and secondary school students

Resources:

- Coloured paper
- Variety of Christmas arts and crafts pieces such as stickers, jewels, dried flowers, ribbon etc.
- Scissors
- Glue/paste
- Vinnies logo cut-out (optional)

Run time: 45-60 minutes

Activity Description:

1. Design your card

We've included some examples:



2. Write in your card

You can address the recipient with something like “*dear friend...*” (or similar). Then write a Christmas message that will provide a little hope for the recipient when they read it. Such as:

- *Thinking of you and sending you lots of love and hugs this Christmas!*
- *You are in our thoughts and prayers. Wishing you all the best this Christmas time!*
- *We are thinking of you this Christmas and sending prayers your way!*
- *Sending you big hugs and kind wishes for Christmas. May you know that you are loved!*
- *Wishing you a happy Christmas and best wishes for the new year! With love, hope and prayers.*
- *Just a little something to let you know we are thinking of you this Christmas season.*
- *Thinking of you! Hope this card brightens your Christmas!*

3. Deliver your cards

Connect with your local Conference to give them the cards at least one week before Christmas (so they have time to hand-deliver them to the recipient). You may like to add your card to a hamper if your school has made some to donate.

Alternatively, you can contact a local aged-care facility to arrange for cards to be delivered to the residents on Christmas day!



COST OF LIVING: THEN VS NOW

Context: Cost of living has increased significantly in Australia over the last few years, and yet, the average amount that people are paid has not increased at the same rate. This means that the cost of goods (such as groceries) and services (such as haircuts) have gone up in price and so people are being forced to use more of their salaries to pay for them.

Age group: Suitable for primary and secondary school students (secondary activity to include extension)

Resources:

- Then vs Now printout (see Page 13)
- Calculator (optional)

Run time: 30-45 minutes

Activity Description:

1. Split students up into small groups and provide each group with a Then vs Now printout or project the resources on screen
2. Ask each group to discuss the following questions:
 - a) What do you notice has changed from then vs now?
 - b) What was the total cost difference of items in 1990 vs in 2023?
 - c) What do you think this change means for individuals and families in Australia?
 - d) What can you do to support people doing it tough this Christmas who have been impacted by the cost-of-living crisis?
3. Have each group share their responses with the class



EXTENSION:

Ask students:

4. Convert the price increases from point B to percentages
5. Record the average weekly wage in Australia based on full-time adult ordinary time earnings in **2010** compared to **2023**. Convert this increase to percentages
6. Was the increase in wages higher or lower than the increase in cost of living? How do they compare?
7. How do you think this relates to people's quality of life?

THEN VS NOW

ITEM		THEN (1990)	THEN (2010)	NOW
	500g Loaf of Bread	\$1.37	\$2.96	\$3.15
	2L Milk	85c	\$2.27	\$4.30
	250g Butter	\$2.09	\$2.78	\$5.20
	1kg Potatoes	99c	\$2.32	\$3.80
	200g Tea	\$1.64	\$4.25	\$6.75
	1L Unleaded Petrol	60c	\$1.19	\$1.80

A VERY VINNIES CHRISTMAS

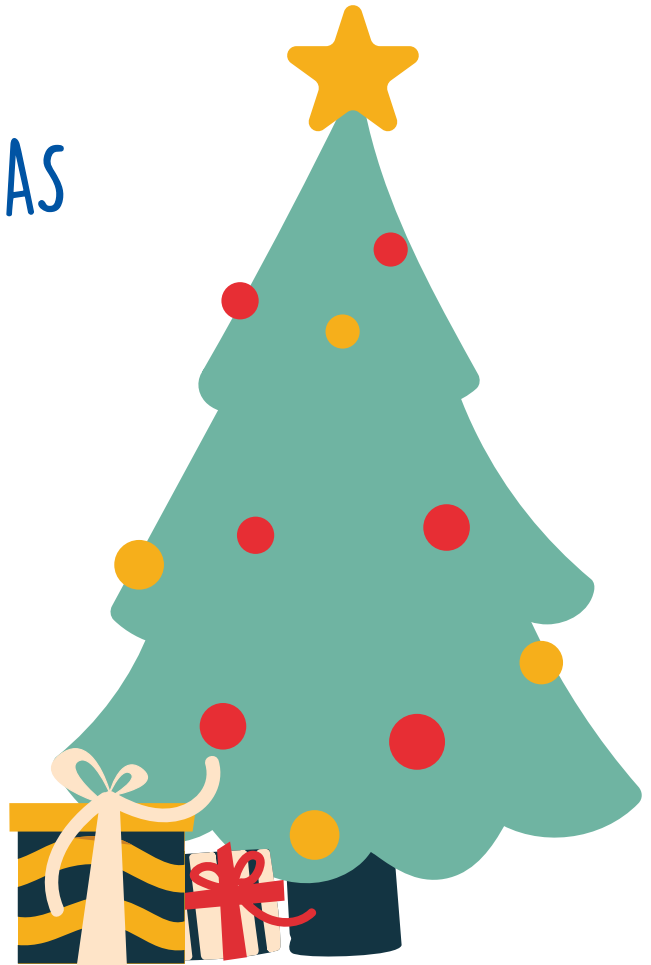
Context: Members and volunteers of the St Vincent de Paul Society help thousands of individuals and families each year through services and good works. This is especially true at Christmas time when many people find themselves under additional financial stresses.

Age group: Suitable for primary school students

Resources:

- A Very Vinnies Christmas Scramble printed out or as editable worksheet (see Page 15)
- A Very Vinnies Christmas Tree printed out (see Page 16)
- Colouring materials e.g. pens, textas

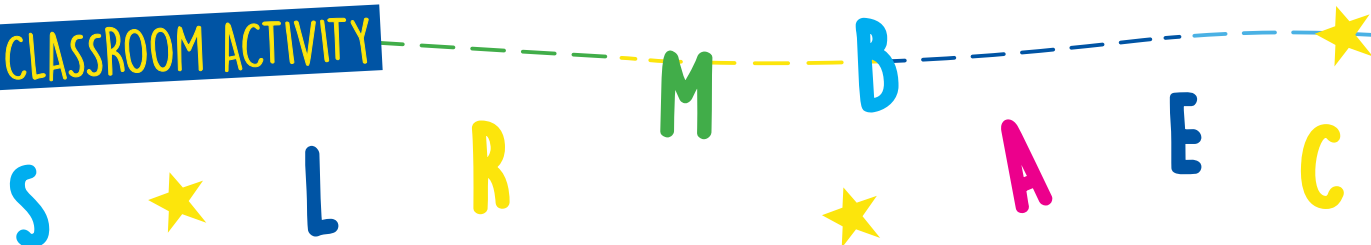
Run Time: 30-40 minutes



Activity Description:

1. Provide each student with A Very Vinnies Christmas Scramble worksheet, a Very Vinnies Christmas Tree worksheet and colouring materials
2. Explain to students that each bauble on the Christmas tree represents different keywords associated with Vinnies
3. Using the sentences and images provided, ask students to unscramble the anagrams to reveal the keyword related to Vinnies
4. Once students have unscrambled all the words, ask them to colour in their Christmas tree.

YOU MAY LIKE TO CUT THESE OUT AND HANG THEM AROUND YOUR CLASSROOM!



A VERY VINNIES CHRISTMAS SCRAMBLE

1. The name of the service that provides food, drinks, supplies and friendship to people experiencing homelessness:

IVNINES AVN

.....

2. At the St Vincent de Paul Society, we serve all our companions with:

ELVO

3. We use our
to support companions at Vinnies:

NEHPLIG DSHAN

4. Members and volunteers of the St Vincent de Paul Society help serve the community through:

GODO ROWSK

5. Members of a Vinnies willingly help people who are going through a tough time by visiting them in their homes and supporting them.

NCOENFRCEE

6. One of the biggest goals of Vinnies is to help and prevent people from experiencing:

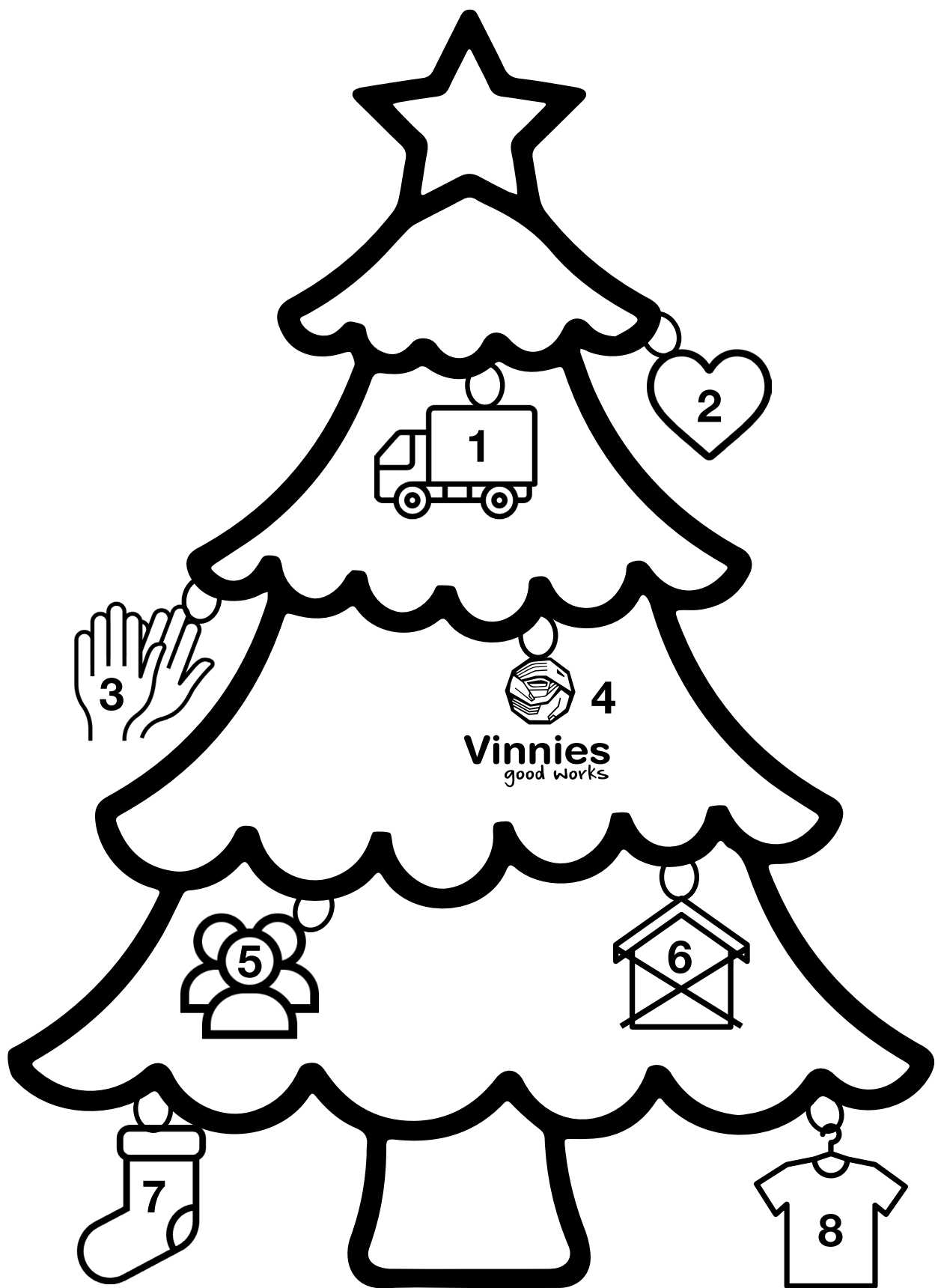
SNESHLOESMSE

7. Your school is currently participating in the Vinnies
to support individuals and families during the holiday season.

STCRHISMA PPLAEA

8. By donating to a, you are helping raise money to support people in need.

VIENNSI POHS



COST OF LIVING CHALLENGE

Context: The cost-of-living crisis is hitting families hard. Vinnies supports those in need through food vouchers or hampers. But how far does your money go? How can you make your money stretch far enough to still put food on the table?

Age group: Suitable for secondary school students

Resources:

- A device such as computer or iPad
- Cost of Living Scenarios (see Page 18)
- Cost of Living Challenge Shopping List, printed out or as editable worksheet (see Page 19)
- Cost of Living Challenge Grocery Catalogue (see Page 20) printed or available on device
- Calculator (optional)

Run Time: 45-60 minutes

Activity Description:

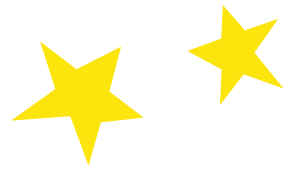
1. Using an online shopping website to help complete this task, ask students to work in groups and take the cost-of-living challenge Online shopping websites:
 - **Shop groceries online | Coles Supermarket**
 - **Woolworths Supermarket – Buy Groceries Online**

Note: if you do not have access to internet or devices, please use the Cost of Living Challenge Grocery Catalogue
2. Provide each group with a scenario below
3. Ask students to select the items they wish to purchase and list each item and its price on the Cost-of-Living Challenge Shopping List



4. Calculate the cost of these items as best as you can. If you have gone over your budgeted amount, you will need to decide which items to remove from your list
5. Debrief with the following questions:
 - a) Were you able to buy enough essential items to last you a fortnight?
 - b) Did you have to go without some supplies because you didn't have enough money?
 - c) What were these and how did you decide what to leave out?
 - d) Were you able to buy any fresh food? Did you find this was more expensive than the pre-packaged foods?
 - e) Think about your own pantry at home – do you have lots of nutritious food and snacks to eat?
 - f) Do you think there are people in your own local community who might have to watch what they spend every week in order to ensure they have enough to eat?

COST OF LIVING SCENARIOS



SCENARIO A:

You are a single person, recently moved interstate for work, living in a small 1-bedroom flat in the suburbs. You have been in your new job for 3 months and are struggling to make ends meet, meaning you have only been able to buy limited basic items. In addition to the struggle for you to pay for everything, this month you received your first utilities (gas, electricity and water) bill which was more than you had budgeted for. The rego and insurance for your car is due, and you have just had to take a week off work for being sick. As you have just started your job, you didn't have enough sick leave so didn't get paid for 4 of those days. All of this has meant you had to spend all your savings and are unable to buy food and other essential items to last until your next pay day, in two weeks' time. You decided to reach out to Vinnies who are able to assist you with a supermarket voucher valued for \$50.

Your challenge is to purchase enough items to last you the two weeks until your next pay. Keep in mind that food may not be the only items you need to purchase.

SCENARIO B:

You are a single parent with 3 primary school aged children. You recently had to leave your rental property after a rental increase of an extra \$100 a week made it unaffordable. It has taken what little savings you had to move house. You desperately want to stay in the same neighbourhood so your children don't have to change schools, but there are simply no affordable rentals. For now, you have found some temporary accommodation. To make things worse, you had to take three days off work to pack up and move, so didn't get paid for them. Your temporary housing has basic cooking items, cutlery, plates, bowls, cups, beds with bedding, fridge, washing machine and a TV, but does not have any food or other essential items. Your local Vinnies Member was able to give you a \$100 supermarket voucher.

Your challenge is to purchase everything you need for you and your children until your next payday. You need to purchase enough supplies to last at least the next fortnight.

SCENARIO C:

You are a full-time university student, working casually in a café on the weekends and some evenings. Your shifts at work vary but have recently been reduced due to an extra staff member starting. You live in a share 3-bedroom house with 5 other people close to the university and rely on public transport to get everywhere. In addition to the reduced working hours, you need to do a 400-hour unpaid work placement as part of your course, which means you are unavailable for any evening shifts. As a university student you don't have any savings and will only have enough to pay for your rent and transport needs. Your house mates are great, but they also don't have much money and are unable to lend you any. You contacted the Vinnies helpline and spoke with two of your local Conference Members who were able to give you a supermarket voucher valued at \$50.













Your challenge is to purchase enough items to get you by for the next two weeks. Keep in mind that food may not be the only items you need to purchase.

COST OF LIVING CHALLENGE SHOPPING LIST



ITEM	QUANTITY	COST
1		\$
2		\$
3		\$
4		\$
5		\$
6		\$
7		\$
8		\$
9		\$
10		\$
11		\$
12		\$
13		\$
14		\$
15		\$
16		\$
17		\$
18		\$
19		\$
20		\$
21		\$
22		\$
23		\$
24		\$
25		\$
26		\$
27		\$
28		\$
29		\$
30		\$
GRAND TOTAL		\$

COST OF LIVING CHALLENGE GROCERY CATALOGUE

















			
2L Milk \$2.20	Lactose Free 1L Milk \$2.00	170g Yoghurt \$2.25	12pk Multi Flavoured Yoghurt \$6.00
			
Lactose Free 140g KIDS Yoghurt \$1.60	700g Tasty Cheese Shredded \$5.80	500g Tasty Sliced Cheese 24pk \$6.20	4pk Cheese & Crackers \$6.30
			
115g Brie Cheese \$4.20	250g Salted Butter \$2.80	500g Soft Butter \$5.70	500G Margarine \$3.00
			
1kg Margarine \$4.50	12pk 700g Caged Eggs \$3.00	12pk 800g Free Range Eggs \$5.20	2L Juice \$2.00

			
6pk 250ml Poppers \$4.50	330ml Kombucha \$4.00	1.5L Chilled Juice \$5.00	600ml Coke \$3.70
			
1.25L Pepsi Max \$2.30	375ml 24pk Coke Cans \$31.10	1.1L Fizzy Drink 24pk \$2.10	900g Frozen Chips \$3.00
			
1K Frozen Hash Browns \$3.00	310g Frozen Pizza \$7.50	400g Frozen Lasagne \$2.30	320G Frozen Chicken Parmigiana \$6.00
			
375g Satay Chicken \$3.30	Sausage Rolls \$4.00	350g Healthy Frozen Meal \$6.30	1k Corn Cobbs \$5.00

			
500g Frozen Beans \$2.50	500g Frozen Peas \$1.70	Frozen Mixed Veggies \$5.00	4pk Frozen Pies \$3.50
			
535g Canned Soup \$2.50	155g Fancy Noodle Soup \$4.00	420g Meat & Veg Soup \$1.80	500ml Tomato Sauce \$2.95
			
500ml BBQ Sauce \$2.95	400g Pasta Sauce \$3.75	485g Butter Chicken Sauce \$3.69	1kg Rice \$1.50
			
500g Spaghetti \$0.65	500g Pasta \$1.00	250g Lasagne Sheets \$2.80	400g Tinned Tomato's \$1.40

			
95g Tin Tuna \$2.30	425g Tin Tuna \$5.75	300g Meat & Soy Free Mince \$6.30	34g Chilli \$2.50
			
250g Minced Garlic \$1.25	750g Table Salt \$2.95	90g Iodised Grinder Sea Salt \$5.00	35g Grinder Peppercorns \$5.00
			
50g Ground Black Pepper \$3.65	1kg Self Raising Flour \$1.00	1kg Plain Flour \$1.00	1kg White Sugar \$1.80
			
1kg Brown Sugar \$2.80	750ml Vegetable Oil \$3.80	750ml Olive Oil \$15.00	1L Olive Oil \$7.00

















			
5pk 2 Minute Noodles \$3.95	470g Vanilla Cake Mix \$2.50	Chocolate Cake Mix \$5.20	380g Brownie Mix \$2.50
			
375g Pancake Shake \$2.90	500g Honey \$7.35	370g Marmalade \$5.20	500g Jam \$2.50
			
345g Peanut Butter \$4.60	375g Peanut Butter \$1.85	380g Vegemite \$6.50	250G Vita-Weat \$3.00
			
12pk Muesli Bars \$5.00	100g Rice Crackers \$2.00	225g Jatz \$3.20	175g Shapes \$3.20

			
500g Assorted Biscuits \$5.50	200g Tim Tams \$3.70	Chewing Gum 46 pieces \$4.00	3pk Mentos \$3.10
			
200g Skittles \$4.30	240g Party Mix \$4.00	12 Treats Variety Chocolate \$4.60	53g Mars Bar \$2.00
			
345g M&M's \$5.00	100g Microwave Popcorn \$1.75	400g Popping Corn \$1.95	350G Milk Chocolate \$4.50
			
290g Honey Soy Chips \$7.00	Assorted 15pk Deli Style Chips \$5.50	175g Plain Chips \$3.20	170g Doritos \$3.30

			
300g 3pk Baked Beans \$3.00	420g Spaghetti \$1.15	425g Baked Beans \$0.90	220g 4pk Spaghetti \$4.20
			
1L Stock \$4.00	120g Gravy \$3.30	220g Corn Flakes \$2.70	1.2kg Weet Bix \$5.00
			
650g Coco Pops \$7.25	460g Just Right \$5.60	1kg Traditional Oats \$4.00	400g Quick Oats \$4.25
			
650g White Bread \$1.30	560g Raisin Toast \$2.00	567g Wraps \$5.00	10pk White Bread Rolls \$2.50

			
1kg Bananas \$3.90	250g Strawberries \$3.50	1kg Appels \$3.50	1kg Pears \$2.90
			
1x Cucumber \$1.90	1x Iceberg Lettuce \$1.80	3kg Oranges \$4.00	1x Avocado \$1.80
			
1kg Tomatoes \$4.90	200g Mushrooms \$2.20	1kg Onions \$2.50	Broccoli \$5.90 per kg
			
Red Capsicum \$6.90 per kg	1 Bunch Celery \$2.50	1kg Sweet Potatoes \$4.50	Pumpkin \$3.50 per kg

			
3kg Brushed Potatoes \$8.00	1 Bunch Buk Choy \$2.50	1kg Carrots \$2.20	200g Cherry Tomatoes \$4.00
			
400g Almonds \$9.00	400g Cashews \$9.00	1kg Chicken Breast \$9.00	500g Beef Mince \$5.00
			
8pk Beef Sausages \$5.00	1kg Chicken Drumsticks \$4.50	500g Beef Stir Fry Strips \$10.00	Scotch Fillet Steak \$35.00 per kg
			
Middle Bacon \$12.00 per kg	Boneless Pork Leg \$8.50 per kg	Lamb Chops \$39.00 per kg	Lamb Leg Roast \$11.50 per kg

			
125g Shaved Ham \$2.99	Cabanossi \$2.00 each	Cocktail Frankfurts \$6.00 per kg	460g Salmon 4pk \$16.00
			
400g Chicken Nuggets \$3.60	350g Chicken Kiev \$8.00	20pk Meat Balls \$7.00	425g 6 pieces \$9.30
			
15 pieces Fish Fingers \$5.60	25pk Kitchen Tidy Bags \$2.00	18pk Dishwash Tablets \$11.00	1L Dishwashing Liquid \$2.00
			
18pk Toilet Paper \$5.50	3pk Paper Towel \$3.00	450ml Toilet Cleaner \$3.00	2kg Laundry Powder \$16.50

			 <div>Wild Berry</div> <div>500 ml</div>
250ml Hand Wash \$2.00	Toothpaste \$2.50 each	Toothbrush \$2.20	500ml Shampoo \$1.90
 <div>Wild Berry</div> <div>500 ml</div>		 <div>Anti Perspirant</div> <div>250 ml</div>	 <div>Roll On</div> <div>50 mL</div>
500ml Conditioner \$1.90	6pk Soap \$3.69	250ml Aerosol Deodorant \$4.50	50ml Roll on Deodorant \$3.90
			
16 pk Pads \$4.30	16pk Hygiene Products \$4.65	3pk Razors \$5.49	16pk Disposable Razors \$4.00



THANK YOU FOR YOUR CONTRIBUTIONS TO THE 2023 VINNIES CHRISTMAS APPEAL!

SHARE YOUR EFFORTS!

We would love to see what your school is doing to bring joy and happiness to families and individuals this Christmas. Share your pictures and stories with us by emailing them to your Youth and Schools Engagement Officer or tag us in your socials using the information below.

 Facebook: @NSWVinniesYouth

 Instagram: @VinniesYouthNSW

#VinniesYouth #DoSomeGood



We acknowledge the Aboriginal and Torres Strait Islander peoples, the custodians of this land, with deep respect. May the Elders past, present and emerging be blessed and honoured. May we join together and build a future based on compassion justice hope faith and reconciliation.

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