



Non-perishable Food + other items

Suggestion List

Tinned Foods

(Pull rings if possible)

- Vegetables
- Fruits (in juice)
- Soups
- Meats or fish
- Spaghetti/baked beans
- Canned meals

Meal Bases

- Soup
- Pasta and pasta sauce
- Rice, all types
- Curry and stir fry sauces
- Pasta/rice meal packets
- Noodles, including
- instant noodles
- Baby and infant food

Other

- Long life milk or juices (individual servings or 1 litre)
- Breakfast cereals
- Dried Fruit
- Nuts
- Fruit bars
- Crackers
- Rice cakes
- Spreads
- Tea/Coffee/Milo/Quick
- Sugar
- Salt
- Bottled water

Other Items

Toiletries:

- Soap/body wash
- Toothbrushes
- Toothpaste
- Shampoo/conditioner
- Deodorant
- Sanitary items
- Toilet paper

Baby Care:

- Nappies
- Baby wipes

General Household Items:

- Dish detergent
- Clothes detergent
- General cleaning spray

Please ensure there are long expiry dates for food. Any out-of-date food cannot be used.