

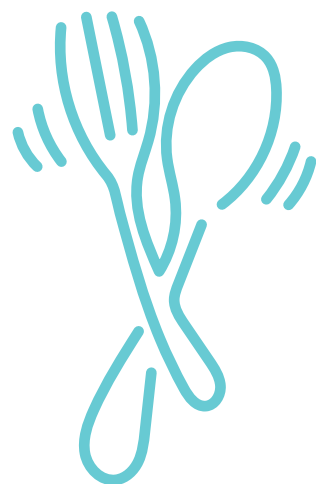
Food for families

Shopping list

Thank you for taking part in Food for families. This list will help you collect the most useful items for families facing difficult times. Take it with you next time you shop!

Your kind donations will then be made available to stock empty pantries and remind people that others truly do care.

When it comes to giving, a little means a lot.



Non-perishable food items

- | | | |
|--|---|---|
| <input type="checkbox"/> Pasta and pasta sauce | <input type="checkbox"/> Tinned fruit and vegetables | <input type="checkbox"/> Cheese spreads |
| <input type="checkbox"/> Tomato paste | <input type="checkbox"/> Baby food | <input type="checkbox"/> Breakfast cereals, muesli bars, breakfast bars |
| <input type="checkbox"/> Tinned and ready to eat meals | <input type="checkbox"/> Canned meals with ring pull lids | <input type="checkbox"/> UHT (long life) milk |
| <input type="checkbox"/> Soups and curries | <input type="checkbox"/> Stir fry sauces | <input type="checkbox"/> Biscuits |
| <input type="checkbox"/> Tomato sauce | <input type="checkbox"/> Coconut milk | <input type="checkbox"/> Tea bags, instant coffee, milo |
| <input type="checkbox"/> Rice | <input type="checkbox"/> Instant noodles in a cup/bowl | <input type="checkbox"/> Gift voucher |
| <input type="checkbox"/> Tinned tuna, salmon, ham | <input type="checkbox"/> Sandwich spreads | |
| <input type="checkbox"/> Lunchbox snacks for kids | | |

Toiletries

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> Nappies | <input type="checkbox"/> Shampoo and conditioner | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Face washers | <input type="checkbox"/> Toothpaste |
| <input type="checkbox"/> Feminine hygiene products | <input type="checkbox"/> Toilet paper | <input type="checkbox"/> Toothbrushes |

**Thank you,
it means a lot.**

Learn more
givealittle.org.au

Uniting