

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!



Non-perishable food items

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

Toiletries

- Nappies
- Deodorant
- Feminine hygiene products
- Shampoo and conditioner
- Face washers
- Toilet paper
- Sunscreen
- Toothpaste
- Toothbrushes

Thank you, it means a lot.

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