

Food For Families. Shopping list.

- Pasta, rice and noodles
- Flour, polenta and couscous
- Tinned tomatoes, pasta sauces
- Beans, chickpeas and lentils
- Tinned tuna, salmon and ham
- Soups, curries and vegetables
- Baby food, nappies and formula
- Spreads - e.g. jam, Vegemite
- Long life milk and cheese
- Tea, coffee, Milo and sugar
- Stir fry sauces and soy sauce
- Coconut milk and coconut cream
- Breakfast cereal and muesli bars
- Toothpaste and toothbrushes
- Shampoo, conditioner and soap

Please remember to:

- Give undamaged, packaged items
- Check the expiry date
- Make sure food is sealed
- Make sure the label is visible
- Get friends and family involved
- Share on social media
- Check drop off locations



Uniting