

Emergency Food Relief Shopping list

- Pasta
- Rice
- Pasta sauce
- Spreads- jam, honey, vegemite, peanut butter
- Sugar
- Tuna
- Tinned veggies
- Tinned fruit
- Cereal
- Sweet/savoury biscuits
- Long life milk
- Tinned spaghetti/baked beans
- Soup
- Other school lunch items - muesli bars etc
- Juice poppers
- Tea/coffee

Gluten free items as above