

If you are able to provide some, or all of the below for a family food parcel, it would be hugely appreciated!

Family Food Parcel

NB: Ideally pull tabs if possible.

2 cans of spaghetti
2 cans of baked beans
2 cans of fruit
2 cans of tomatoes or pasta sauce
2 other cans, eg beans, corn
1 each small bags of sugar, tea bags and coffee
1 rice or pasta
1 large packet of cereal
1 packet of crackers
1 packet of biscuits
1 peanut butter, jam, honey or marmite

If in stock:

Tinned fish or corned beef, mayonnaise/tomato sauce, oil raisins/dates, muesli bars, 2 minute noodles, chips.

Add to parcel:

Fridge:	2 milk
	1 margarine
	1 vege pack
	1 doz eggs
Freezer:	1 tray sausages
	2 trays minced beef
Fresh:	2 loaves sliced bread