

Food For Families. Thanks to you.



Shopping List.

Food:

- Pasta, rice and noodles
- Flour, polenta and couscous
- Tinned tomatoes, pasta sauces
- Dried or canned beans, chickpeas and lentils
- Tinned tuna, salmon and ham
- Tinned soups, curries and vegetables
- Baby food, nappies and formula
- Spreads – e.g. jam, Vegemite
- Long life milk
- Tea, coffee, Milo and sugar
- Stir fry sauces and soy sauce
- Long life coconut milk and coconut cream
- Breakfast cereal and muesli bars

Household cleaning:

- Laundry powder or liquid
- Multipurpose cleaning products – sprays, toilet cleaner, etc.
- Dishwashing liquid, scrubs/steel wool
- Environment bags
- Bin liners

Personal hygiene:

- Deodorant (men and women)
- Shaving cream
- Razors (men and women)
- Sanitary items
- Shampoo, conditioner and soap
- Toothpaste and toothbrushes

Please remember to:

- Give undamaged, packaged, non perishable 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

Call us
1800 668 426

Visit
foodforfamilies.org.au



Uniting is the community services organisation of the Uniting Church in Victoria and Tasmania.



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