

## **Basic food parcel list / suggestion**

Weet-bix / or any other brand breakfast cereal
Maize meal
Tinned Pilchards / beef
Jam / syrup
Peanut butter / Marmite / Bovril
Powdered milk
Oil
Soy Mince
Tinned -Baked Beans / mixed veg / tomato / any other
Tea – Rooibos & ordinary tea
Salt / herbs- flavourings / tomato past
Instant yeast
Spaghetti / pasta / instant noodles
Samp & Beans / Rice
Sugar
Packets -different flavours of soup powders
Stock – beef / vegetable / chicken
Flour – bread / cake / self raising
4 In one soup mix / split peas / beans
Cool drink concentrate
Eggs
Margarine
Baby cereal
Milk formula (Baby)
Disposable nappies
Toothpaste
Sanitary towels
Shampoo & soap
Washing power / green soap
Deodorant (men's and ladies)