

foodstore lists:

household bag

toilet roll (x2)

washing up liquid

J-cloths

antiseptic spray

small clothes washing
liquid/powder

toiletries bag

toothbrush

toothpaste

shampoo (unisex)

soap

shower gel

deodorant (unisex)

breakfast bag

cereal 500/750g

long life milk 1L

sugar

jam or marmalade

tea bags x 80

or

coffee 100g

lunch bag

fruit squash 1L

biscuits

tin soup

tin baked beans 400g

tin spaghetti 400g

tin tuna

dinner bag (rice)

rice 1kg

curry sauce

tin peas 300g

tin fruit 300/400g

tin/carton custard

angel delight

dinner bag (pasta)

pasta 500g

pasta sauce

tin sweet corn 340g

tin fruit 300/400g

tin/carton custard

angel delight

dinner bag (meat)

Fray Bentos meat pie

OR

tin casserole

steak/chicken

tin potatoes

tin peas/carrots 300g

tin fruit 300/400g

tin rice pudd /custard

angel delight
