

FAMILY FOOD PARCEL CONTENTS

No.	Product	Weight	Quantity
Food			
1	Baked beans	420g	2
2	Spaghetti	420g	2
3	Tinned tomatoes	400g	2
4	Vegetable tins	400g	2
5	Soup tins	420g	2
6	Fruit tins	410g	3
7	Canned meat	160g	2
8	Canned fish	160g	2
9	Sauces/cream rice		1
10	Jam/peanut butter/honey		1
11	Flour	500g	1
12	Sugar	500g	1
13	Teabags	30 sach	1
14	Rice	500g	1
15	Pasta packet	500g+	1
16	Biscuit packet	250g	1
17	Cereal	375-400g	1
18	Sausages/meat	1kg	1
19	Margarine	500g	1
20	Milk	1litre	1
21	Bread	loaf	1 min.
Fresh Vegetables			
22	Potatoes	1kg	1
23	Carrots	1kg	1
24	Onions	1kg	1
Other fruit, vegetables, dairy products distributed if available			
Toiletries			
25	Toilet roll		1
26	Soap		1
27	Shampoo		1
Other toiletries distributed if available			

SOLO FOOD PARCEL CONTENTS

No.	Product	Weight	Quantity
Food			
1	Baked beans	420g	1
2	Spaghetti	420g	1
3	Tinned tomatoes	400g	1
4	Vegetable tins	400g	1
5	Tuna tins	160g	1
6	Rice	250g	1
7	Noodles	37-50g	1
8	Sugar	250g	1
9	Flour	250g	1
10	Tea bags	15 sach	1
11	Biscuit packet	220g	1
12	Jam sachets		1
13	Cup-a-Soup	packet	1
14	Cereal	200g	1
15	Pasta packet	500g+	1
16	Sausages/meat	500g	1
17	Margarine	packet	4
18	Bread	1/2 loaf	1/2 loaf
Fresh Vegetables			
Small packages of fruit, vegetables, dairy products distributed if available			
Toiletries			
19	Toilet roll		1
20	Soap		1
21	Shampoo		1
Other toiletries distributed if available			