

PANTRY APPEAL

**Show
how BIG
your  is
for families
in need**



School Lunch
Spreads + Snacks



UHT Milk +
Breakfast Food



Pasta/Rice +
Quick Meals



Tinned Food



Toiletries



Women's Needs



Nappies +
Baby Needs



Cash Donation

**To donate call 1800 18 77 68 or
visit www.anglicare.com.au**

PANTRY APPEAL

Shopping List

School Lunch/Snacks

- » Vegemite
- » Honey/Jam
- » Peanut Butter
- » Juice Boxes
- » Muesli/Snack Bars
- » Dried Fruit/Popcorn
- » Rice/Corn Cakes

Everyday Meals

- » Rice/Cous Cous
- » Instant Noodles
- » Pasta
- » Pasta Sauce
- » Pasta Meals

Tinned Food

- » Tinned Meat Dishes
- » Tinned Vegetables
- » Tinned Fruits
- » Tins of Tuna

Dietry Requirements

- » Gluten free
- » Dairy free
- » Nut free

UHT Milk + Breakfast

- » Long Life Milk
- » Soy/Almond Milk
- » Coconut Milk
- » Cereal
- » Tea Bags/Coffee
- » Sugar

Baby Needs

- » Baby Formula
- » Large Nappies
- » Wipes/Creams
- » Baby Food/Snacks

Toiletries

- » Toilet Paper
- » Toothbrushes/Paste
- » Soap
- » Tissues
- » Shampoo/Conditioner
- » Feminine Hygiene
- » Dishwashing Liquid
- » Laundry Powder
- » Deodorant
- » Paper Towel

While all donations are welcome, some items are already in high supply such as soup, baked beans/spaghetti & tinned beetroot.