

## Food Package Suggestions

*Help us make sure everyone in Port Stephens has enough to eat and won't go to bed hungry. Families who are struggling in our community need help to feed their children; people who are homeless need food they can eat wherever they have found a place to sleep...*

### Families with Children

- Dry pasta
- Pasta sauce
- Children's breakfast cereal
- Long life milk
- Biscuits, some sweet, some savoury
- Mac and cheese microwave packs
- 2 minute noodle cups
- Canned tuna or salmon ring pull
- Baked beans ring pull
- Canned soups ring pull
- Peanut butter
- Vegetables canned and low sodium, like corn
- Canned fruit in 100% fruit juice like peaches, mixed fruit salad
- Vegemite
- Strawberry jam
- Tomato sauce
- Muesli Bars/Snack Foods for school lunches
- Pack of super dupers
- Coffee, Tea
- Sugar
- Tin of milo
- Hot Chocolate
- Long life 100% fruit juice in cartons and smaller individual cartons for school lunches
- Toilet paper
- Handwash
- 1 torch with batteries (for children to see at night)
- Bandaids
- Insect repellent
- Sunscreen
- Laundry washing powder
- Dishwashing detergent
- Cleaning wipes
- General products like spray & wipe, disinfectant, Ajax, Gumption, toilet cleaners

### Adults with No Dependants

- Dry pasta
- Pasta sauce
- Canned tuna or salmon ring pull
- Baked beans ring pull
- Canned soups ring pull
- Vegetables canned and low sodium, like green beans and corn
- Canned Fruits canned in 100% fruit juice
- Strawberry jam
- Coffee
- Tea
- Sugar
- Long life milk
- Biscuits, some sweet, some savoury
- Toilet paper
- Handwash
- Laundry washing powder
- Dishwashing detergent
- Cleaning wipes
- General products like spray & wipe, disinfectant, Ajax, Gumption, toilet cleaners etc

### Add on Pack – Baby Pack

- Baby Wipes
- Disposable Nappy bags
- Baby Powder
- Baby Shampoo
- Nan Step 1
- S26 Step 1
- Karicare Step 1
- Baby Food
- Baby Snacks

#### *What makes a good food package?*

- All canned foods need to be ring pulls
- All items in date and unopened

**Donations can be dropped at 3 Jacaranda Ave, 3 Phillip Rd, Raymond Terrace, Mallabula Hall, Mallabula and at Nelson Bay Real Estate, Nelson Bay or give us a call.**