

Could you please circle the items below that you most need at this time (**1 item per line**). we will do the best we can to provide you with what you need, but as we fund raise to purchase food from Foodbank etc. we have little control over what we have in stock at any given time . **10 items \$10** **15 items \$15**

NAME: \_\_\_\_\_ Number \_\_\_\_\_

**ITEM Depending on availability**

- Sauces** BBQ sauce/Tom sauce/  
**Bbeans/spaghetti** X 2 Baked beans/spaghetti/  
**Tinned soups** Assorted flavours x 2  
**Tinned vegetables** Beetroot/corn/tomatoes / Peas corn & carrots/Mixed Vegetables /Lentils/Peas/Chick peas  
**Cup of soups x2** Assorted  
**Jar sauces & pasta meals** /Pasta sauce/Tuna Bake with Spinach & Garlic/Tom paste/Thai Coconut Curry/Chinese BBQ sauce & Honey Mustard 1 only  
**Side dishes** Pasta for 1 Creamy bacon/Creamy Pumpkin & Sage/Creamy Tomato/Oriental fried rice  
**Spreads** Vegemite/Jam/Hazelnut spread  
**Tinned meals** Assorted  
**Tinned fish & meats** Tuna/Sardines/Salmon/Tuna and beans mexican  
**Pasta/rice/ Noodles** Dry spaghetti/pasta/rice/Sushi Rice 1kg/Quinoa 500g/Rice spaghetti/Arborio Rice/Brown /rice/Noodle cups x3/2 minute noodles x 4  
**Biscuits Sweet** Choc surrender/Scotch finger/Cuoricini choc chip x 2/Gluten Free Scotch Finger/Choc creams/Milk Coffee/2 ONLY Shortbread cream/White choc fingers 1 only  
**Savoury Biscuits** Rice crackers /Jatz/  
**School Treats** Poppers/Twistia Apple & Apricot bars x 2  
**Cold drinks** Juice/Cordial/1.25L lemon drink x3/Coke Orange sugar free x 3/Pepsi 200ml x 6  
**Hot drinks** Tea x 2 packets/coffee/  
**Milk** Skim milk/full cream/Almond milk/Condensed milk/Moo Box choc & Strawb flavour x 6/  
Macadamia milk  
**Cereal** Weetbiiscuits/Quick Oats/1 only-Cheerios -Milo cereal -Breakfast bubbles-5 grain flakes  
**Frozen foods** Peas/Pizza Bolognese/Pizza Pie 2pack cheese  
**Basics** E.g. sugar/flour SR or Plain/Oil /Cooking Spray/Oil  
**Spreads** Margarine /Copha  
**Laundry/household** Dish wash liquid/Wash Pdr/Logix Rinse Aid -for dishwasher/Glade wax melts French Vanilla/  
Pledge Wood Magic floor cleaner/Pre wash spray/ Cream cleanser  
**Meat-frozen** /Mince/sausages/1kg chicken nibbles

**Thank you! 10 items=\$10 15 items=\$15**

Tin fruit	Assorted/
Eggs	1 doz
Deserts	Jellies x2/Custard /Cottee's instant pudding x2 /Rice cream 1 only
Cake Mix /Pancake mix	Vanilla x 2/
Razors	Schick razors
Personal /Household/Baby	Toothpaste//Toothbrush/Toilet paper/
Womens items	liners, Pads, tampons
<b>DOGS</b>	Dine lamb-veg 680g x 2/Chi/Turk/veg 680g x2/Banquet Lamb 100gx5/Beef –kid 100gx5/ Apollo beef 100g x 5/ Chic-rice 100g x5
<b>CATS</b>	Dry food chic-beef/Grain free white fish 85gx5/ Kangaroo 85g x5/ Whiskas soft chunks 1 box

**WEEKLY SPECIALS Up to 70% off-price**

<b>Vegemite 460g \$4</b>	<b>455g 3.50 220g \$3</b>	<b>Dorset Simply Nut Granola \$4</b>
<b>Coles Red Salmon</b>		<b>Coles walnuts 400g \$2</b>
<b>210g \$3 &amp; 415g \$5</b>		<b>Ingham Duet alfredo \$4</b>
<b>Milo 385g \$3</b>		<b>450g Plumrose leg ham \$3</b>
<b>Breast fillets \$4</b>		<b>Huggies 16kg &amp; over 20 \$8</b>
<b>5 Chicken kebabs</b>		<b>Comfy Bots 4-8kg x60 \$8</b>
<b>chilli &amp; Lime \$3</b>		<b>Lattina Veal Tortellini x 2 \$3</b>
<b>Chicken meatballs</b>		<b>2 Turkey legs \$7</b>
<b>Asian \$3</b>		<b>Huggies Pull ups girl 14-18kg \$6</b>
<b>500g Honey \$4</b>		<b>Bella Baby 82 5-9kg nappies \$20</b>
<b>Ensure Plus Choc</b>		<b>Huggies 32 4-8kg \$6</b>
<b>200ml x 7 \$8</b>		<b>Azalea Grape Seed Oil \$5</b>
<b>15 pack shapes \$3</b>		<b>Coles instant full cream milk powder \$3</b>
<b>Spam Bacon \$2</b>		

The following items are 1 off & included in your 10 or 15 items

**90sec Rice Tomato & Basil** Zesty lemon Juice/Red wine vinegar/Lattina Creamy Carbonara Sauce /Multi Vit-amin Juice 2litre/Taco shells/90 sec Rice Egg Fried/Coleslaw dressing/Ginger Cookie/Tiny Teddies/Sour cream Rice cakes/Choc chip cookies/Tetley green tea bags/24 ice blocks/Cinnamon tea/Chickpea or eggplant dip