



# FOODBOOST

## SHOPPING LIST

Thank you for helping us boost our food stocks in our FoodBoost campaign! Here are some suggested items that our experts tell us we are in need of most

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|--|--|
| <input checked="" type="checkbox"/> RICE                                   | <input checked="" type="checkbox"/> UHT LONG-LIFE MILK / NON-DAIRY MILK                                      |
| <input checked="" type="checkbox"/> INSTANT COFFEE                         | <input checked="" type="checkbox"/> PASTA  |
| <input checked="" type="checkbox"/> SPREADS (PEANUT BUTTER, JAM, VEGEMITE) | <input checked="" type="checkbox"/> BREAKFAST CEREAL   |
| <input checked="" type="checkbox"/> CANNED FISH (TUNA/SALMON)              | <input checked="" type="checkbox"/> TINNED FRUIT (OR FRUIT CUPS)   |
| <input checked="" type="checkbox"/> CRACKERS (DRY BISCUITS)                | <input checked="" type="checkbox"/> CONDIMENTS (TOMATO SAUCE, SOY SAUCE, MUSTARD)                            |
| <input checked="" type="checkbox"/> SWEET BISCUITS                         | <input checked="" type="checkbox"/> CANNED VEGETABLES<br>(TINNED TOMATOES, POTATOES, CORN, MIXED VEGETABLES) |
| <input checked="" type="checkbox"/> 2-MIN NOODLES                          | <input checked="" type="checkbox"/> SNACKS FOR ADULTS AND/OR CHILDREN<br>(MUESLI BARS, NUTS, CHIPS)          |
| <input checked="" type="checkbox"/> PASTA SAUCE                            |  |
| <input checked="" type="checkbox"/> CANNED MEAT (SPAM OR MEAT STEWS)       |  |
| <input checked="" type="checkbox"/> CANNED SOUP (OR POUCHES)               |  |

### Please consider:

- Slightly dented cans are ok, but please ensure packets are properly sealed (no holes), food is not broken and everything is still well within the use-by date.
- If you are keen to give a bigger boost, we are always in need of shampoo, conditioner and bodywash too!

For all large donations, please email [partnerships@anglicarevic.org.au](mailto:partnerships@anglicarevic.org.au) to arrange collection or a time to deliver your food to Anglicare Victoria.

### Need more information?

**Call:** 03 9412 6168

**Email:** [partnerships@anglicarevic.org.au](mailto:partnerships@anglicarevic.org.au)

**Visit:** <https://www.anglicarevic.org.au/donation/foodboost/>