



**EMERGENCY  
FOOD PARCELS**

*Shopping List*

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Cereal  
UHT Milk/Fruit Juice  
Cordial  
Tinned Meals - Meat  
Chicken Casserole, Beef Stew  
Tinned meals - Veg/Vegan  
Mac n Cheese, Veg Stew  
Tea Bags / Coffee  
Tinned Soup  
Tinned Fruit  
Cream Crackers/ Crispbreads  
Biscuits  
Potted Sandwich Spreads  
Chocolate/ Soft Sweets