

## ESSENTIAL ITEMS EMERGENCY RELIEF SHOPPING LIST



**\*Note - Please complete description where possible eg white bread, or pink lady apples, or weetbix etc**

Grocery Item	Quantity	Description
Apples		
Avocado		
Baby Food		
Baby Nappies		
Baby Wipes		
Bacon		
Baked Beans		
Bananas		
Bread		
Capsicum		
Cereal/Muesli/Oats		
Eggs		
Frozen Meals		
Frozen Vegies		
Glen 20		
Grapes		
Hand Wash		
Lettuce		
Meat		
Milk - Fresh		
Milk - UHT		
Onions		
Oral Care		
Oranges		
Other Fruit or Vegies		
Pasta - Dried		
Pasta - Sauce		
Potatoes		
Pumpkin		
Rice		
Soup (Tin/Pouch/Packet)		
Strawberries		
Tinned Meals		
Tinned Spaghetti		
Tinned Vegies		
Tissues		
Toilet Paper		
Tomatoes		
Two Minute Noodles		
Wipes - Antibacterial		
Zucchini's		
Other Essential Items		