

Psychosocial Support Services

Food Parcel List

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|--|-----|
| <input type="checkbox"/> 2.5kg Mealie Meal | 1 x |
| <input type="checkbox"/> 1kg ACE/Morvite Instant Porridge | 1 x |
| <input type="checkbox"/> 200g Soya Mince (Imana) | 1 x |
| <input type="checkbox"/> 500g Dried Sugar/Speckled Beans | 1 x |
| <input type="checkbox"/> 1kg Samp | 2 x |
| <input type="checkbox"/> 500g Rice | 1 x |
| <input type="checkbox"/> 410g Smooth Peanut Butter | 1 x |
| <input type="checkbox"/> 1kg Sugar | 1 x |
| <input type="checkbox"/> 500g Salt | 1 x |
| <input type="checkbox"/> 425g Tinned Fish | 2 x |
| <input type="checkbox"/> 425g Baked Beans | 2 x |
| <input type="checkbox"/> 425g Mixed Vegetables | 2 x |
| <input type="checkbox"/> 225g Mixed Fruit/Apricot Jam | 1 x |
| <input type="checkbox"/> 45g Packet Soup | 2 x |
| <input type="checkbox"/> 500g Macaroni | 2 x |
| <input type="checkbox"/> 750ml Cooking Oil | 1 x |
| <input type="checkbox"/> 20 Pack Tea Bags Ordinary/Rooibos | 2 x |
| <input type="checkbox"/> 1kg Dairy Milk Powder Tin or Sachet | 1 x |

(Note a milk powder not creamers like Ellis Brown, Cremora)

The above is a basic food parcel list to feed a family of four for a week.

Nutritional resource: CHOC Parent Handbook – Click [NUTRITION](#) for more information.

