

The Salvation Army Cranbourne Support Services - Food for 48 Hours provided - other providers of Emergency Relief in Cranbourne are listed on the back of sheet,

Amount allowed per family STAFF Please tick:

3 or more people - 20 Items

1- 2 people- 15 Items

FREE ITEMS DO NOT COUNT	Soy, sesame & ginger marinade	Tinned spaghetti	Fridge/Freezer
	Tuscan marinade	Canned Sweet corn	Margarine
Bread	Sweet biscuits	Tea Bags	Butter
Vegetables	Lamb Casserole base	Microwave Popcorn	Corn soup
SHELF 1	SHELF 3	Jar Crushed ginger	Frozen pasta sauce
PLEASE CHOOSE ONE OF THE FOLLOWING TWO	Pasta and sauce varieties	Tinned tomatoes	Cream
	Pasta (noodles)	Cake mix	Crème Caramel
Skim Milk	Tomato Cooking sauce	Balsamic Vinegar	Avocado puree
Full Cream Milk	Pizza Sauce	SHELF 5	Yoghurt Varieties
	Rice	Breakfast Cereal	Single serve ice-cream
	Drinks	Assorted Tinned Fruit	Uncooked croissants
Lactose free Milk	Tinned Turkey	Spaghetti Bolognaise (1-3 years)	Frozen Mixed Vegetables
Soy Milk	Barbeque Sauce	Organic baby formula 0-12months	Wraps
2 Minute Noodles	Cappuccino Sachets	Snacks	Falafel
Soup Varieties	Peanut Butter	Chocolate biscuit crumbs	
Stock varieties (paste)	Tinned Corn Beef	Spaghetti/baked beans (Toddler)	PLEASE CHOOSE ONLY TWO OF THE FOLLOWING
Chicken Stock (Liquid)	Canned Red Curry Chicken	SHELF 6	
Eggs	Tuna	Sanitary Pads	
	Beetroot	Tampons (Libra Reg.)	Sausages
SHELF 2	Easy Mac (Pasta snacks)	Hand Soap	Minced Steak
Table salt	Tomato Paste	Soap Powder	Quiches
Cooking salt	Lemon Juice	Nappies newborn 4-8kg 9-14kg	Sausage Rolls
Green peppercorn Sauce	Cheesy mite (Spread)	Solugel (ointment for wounds)	Beef Casserole
S.R Flour	SHELF 4	Cat food (tinned)	
Plain flour	Beef Stock Cubes	Shower Gel	STOP COUNTING HERE
Island Dressing	Chicken Stock Cubes	Toilet Paper	
Tangy tomato pasta dressing	Bacon Stock Cubes	Baby Shampoo	Would you like to talk to a trained Social Worker/Counsellor?
Dry biscuits	Cook in bag tender roast	Toothpaste	
Chicken Tonight (Tandoori)	Sugar	Bubble bath	Need advice regarding your Bills?
Breadcrumbs	Tinned Baked Beans	Sponges	Would you like to speak to someone from the Church?
Coleslaw Dressing	Taco kit	Dishwashing liquid	
Honey Dijon salad dressing	Mongolian simmer sauce	Fluffy fabric conditioner	Do you need a Phone card?
Traditional Mayonnaise	Gravy Varieties	Tissues	Do you want info on Playgroup?
South West salad dressing	Vinegar/ cider vinegar	Scourers	New Testament Bibles

Updated: 15th May Name.....
Workers Name.....

Adults.....

Children 12-16 years.....

Children under 12.....

