

Te Tahi Youth

Suggested shopping list:

(Non-perishable items only)

Breakfast items

- Cereal (any variety)
- Oats / porridge

Easy meals

- Pasta
- Rice
- Instant noodles
- Pasta sauce (jars or cans)
- Cup-a-soup
- Instant pasta meals

Canned & packaged goods

- Baked beans
- Spaghetti
- Tuna
- Canned soup
- Canned lentils or chickpeas
- Canned fruit

Snacks

- Muesli bars / cereal bars
- Crackers
- Rice crackers
- Biscuits
- Popcorn

Helpful note for donors

Choose items you would be happy to eat or use yourself. Every contribution makes a difference.