

Social Supermarket most needed items

Meal

- ✓ Pasta (different types)
- ✓ Rice
- ✓ Noodles
- ✓ Pasta / Meal sauces
- ✓ Can fish
- ✓ Can soups
- ✓ Condiments
- ✓ Spice / Dry herbs e.g. salt, pepper, paprika, oregano, basil, curry, cumin, cinnamon etc

Baking

- ✓ Flour (different types)
- ✓ Dry fruit
- ✓ Sugar
- ✓ Cocoa

Breakfast

- ✓ Cereal (different types)
- ✓ Spreads
- ✓ Can Fruit
- ✓ UHT Milk
- ✓ Sugar

Hygiene

- ✓ Shampoo
- ✓ Conditioner
- ✓ Body wash/ soap
- ✓ Deodorant
- ✓ Toothpaste
- ✓ Razors
- ✓ Moisturizer

Baby

- ✓ Nappies
- ✓ Formula
- ✓ Baby food
- ✓ Baby wipes



Snack

- ✓ Sweet biscuits
- ✓ Savory crackers
- ✓ Muesli bars
- ✓ Cup noodles