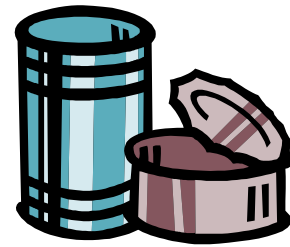


2005 Leader Food for Families Appeal

Suggested grocery items include:

- tinned tuna, salmon, sardines and ham;
- tinned meals eg. spaghetti and meatballs, braised steak and onions, Irish stew, spaghetti, baked beans, soup;
- pasta sauces and pasta;
- UHT (longlife) milk;
- breakfast cereals;
- small jars of vegemite, honey, peanut butter, nutella & jam;
- biscuits - sweet and dry, muesli bars, breakfast bars, cheese sticks;
- teabags, instant coffee, milo;
- tins of salad, fruit, and vegetables;
- rice, two-minute noodles, instant noodles in a cup/bowl;
- baby food



Suggested toiletries include:

- toothpaste, toothbrushes;
- toilet paper;
- soap;
- deodorant;
- small bottles of shampoo & conditioner;
- face washers;
- nappies