

renew **HOPE** *food parcels*

How to pack a parcel:

- Tick off each item as you add it to the box ☒
- Avoid placing cooking oil in direct contact with flour or maize meal.
- Ensure that cooking oil and milk cartons are packed upright.
- Optional: include a written message, keep the language accessible to varying levels of literacy. If you have kids, ask them to help decorate it.

<p>2 x 200g soya mince</p>  <input type="checkbox"/>	<p>2 x ±50g brown onion soup powder packets</p>  <input type="checkbox"/>	<p>1 x 500g soup packet</p>  <input type="checkbox"/>	<p>1 x 2l cooking oil</p>  <input type="checkbox"/>
<p>4 x 410g baked beans</p>  <input type="checkbox"/>	<p>2 x 500g pasta</p>  <input type="checkbox"/>	<p>1kg rice</p>  <input type="checkbox"/>	<p>1 x corned meat</p>  <input type="checkbox"/>
<p>1kg speckled beans</p>  <input type="checkbox"/>	<p>2 x 500g lentils</p>  <input type="checkbox"/>	<p>2 x 500g soup mix</p>  <input type="checkbox"/>	<p>5kg self-raising flour</p>  <input type="checkbox"/>
<p>5kg maize meal</p>  <input type="checkbox"/>	<p>1kg instant porridge for children</p>  <input type="checkbox"/>	<p>400g peanut butter</p>  <input type="checkbox"/>	<p>packet of sweets</p>  <input type="checkbox"/>
<p>milk powder or long-life milk x 2l</p>  <input type="checkbox"/>	<p>tea - 100 bags</p>  <input type="checkbox"/>	<p>1kg sugar</p>  <input type="checkbox"/>	<p>1 x bar of soap</p>  <input type="checkbox"/>