

Food List Supply for One Individual

- 5 kilos of Jasmine, Thai or Biryani (short grain) rice
- Box of 100 tea bags
- Philippino soya sauce/chili sauce
- 1 Litre Sunflower cooking oil
- 1 kilo Sugar
- 1 pkt Salty Biscuits
- 6 small Cans Baked Beans
- Tang Drinks Powder
- 8 Cans assorted Fish
- 10x Noodles – Chicken/Beef flavour
- 6 cans Tomato Paste
- Nido Milk Powder
- 1 pkt Sweet Biscuits
- 6 small Cans of Corned Beef
- Cans of Lentils/Kidney Beans