

Example 10 day Food Parcel (No 2) – Shopping List

Where possible, contents of the food box should replicate the Nutritional standards for school lunches. <https://www.education-ni.gov.uk/publications/nutritional-standards-guidance>

For food safety reasons, foods must be ambient except for fresh fruit and vegetables.

- ✓ Wholemeal Bread
- ✓ Wholemeal wraps
- ✓ Baked Beans
- ✓ Eggs
- ✓ Tinned Tuna
- ✓ Tinned or Dried Lentils
- ✓ Tinned Chopped Tomatoes
- ✓ Tomato Puree
- ✓ Garlic powder or puree
- ✓ Small pack Vegetable Stock Cubes
- ✓ Tinned vegetables e.g. peas and carrots
- ✓ Tinned Sweetcorn
- ✓ Tinned Fruit in juice
- ✓ Tinned Pineapple
- ✓ Dried Egg noodles
- ✓ Dried Pasta
- ✓ Tin Cooked Mince or Mince & Onions
- ✓ Tin Chicken Soup
- ✓ UHT Long life Milk
- ✓ Fresh fruit - apple, orange, bananas, melon
- ✓ Fresh vegetables - carrots, onions, potatoes, celery, pepper, courgette and salad vegetables (tomatoes, lettuce and cucumber)
- ✓ Selection of small individual yogurt, custard jelly, rice pudding or small fruit muffin.

