

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.
- If you are including a written message, keep the language accessible to varying levels of literacy. If you have kids, ask them to help decorate it.

500g soya mince  <input type="checkbox"/>	2 x ±50g brown onion soup powder packets  <input type="checkbox"/>	1 x 500g soup packet  <input type="checkbox"/>	1 x 2l cooking oil  <input type="checkbox"/>
4 x 410g baked beans  <input type="checkbox"/>	2 x 500g pasta  <input type="checkbox"/>	1kg rice  <input type="checkbox"/>	1kg maize rice  <input type="checkbox"/>
1kg speckled beans  <input type="checkbox"/>	2 x 500g lentils  <input type="checkbox"/>	2 x 500g soup mix  <input type="checkbox"/>	5kg self-raising flour  <input type="checkbox"/>
5kg maize meal  <input type="checkbox"/>	1kg instant porridge for children  <input type="checkbox"/>	400g peanut butter  <input type="checkbox"/>	packet of sweets  <input type="checkbox"/>
milk powder or long-life milk x 2l  <input type="checkbox"/>	tea - 100 bags  <input type="checkbox"/>	1 x bar of soap  <input type="checkbox"/>	optional: <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> Written message of encouragement and hope to the receivers of the parcel </div> <input type="checkbox"/>