



## Bangalow Community Shed Pantry Donation Checklist

*Please donate unopened, in-date non-perishable items. If you have items you wish to donate that you are unsure about please use the Get it Touch link on the website or alternatively please call David Noakes at 0403 899 225.*

### Most Needed Items

- Long-life milk
- Canned protein (tuna, beans)
- Pasta and pasta sauce
- Breakfast cereal
- Toothpaste
- Soap
- Toilet paper

### Breakfast/Grains

- Breakfast cereal
- Oats/porridge
- Long-life milk (UHT)
- Pancake mix
- Honey or maple syrup
- Peanut butter
- Jam or marmalade
- Vegemite

### Easy Meal Items

- Packet soups
- Instant meals
- Canned stews or curries
- Canned chili
- Ready rice packets
- Shelf-stable meal kits

### Snacks

- Crackers or crispbread
- Muesli bars
- Biscuits
- Dried fruit
- Nuts (sealed packs)

### Cooking Essentials

- Cooking oil
- Flour
- Sugar
- Salt
- Pepper
- Tea
- Coffee

### Toiletries and Personal Care

- Soap or body wash
- Shampoo
- Conditioner
- Toothpaste
- Toothbrushes
- Deodorant
- Toilet paper
- Feminine hygiene products
- Disposable razors
- Hand sanitizer

### Pantry Staples

- Canned vegetables
- Canned fruit
- Canned soups
- Canned tuna/salmon/chicken
- Baked beans or spaghetti
- Pasta
- Pasta sauce
- Rice
- Instant noodles
- Mac and cheese packets
- Instant mashed potatoes