

## Food pack guidelines



Everything in a pack (a 27cm x 33cm re-sealable plastic bag) is individually-self sealed. Volunteers assembling a pack wearing food safety gloves. We aim do our best to make sure that nothing going into pack is expired and aim to ensure it has a shelf-life of at least 8 weeks+.

Basic elements include:

- Bottled water (330 - 500ml)
- 2 x additional liquid elements in a juice-box size, ideally one being protein focused (Up and Go + Juice, Yogurt drink + Juice, Flavoured Milk + ice tea, etc)
- 2 x 95g tinned components (one meat [tuna, chicken], one vegetable [corn, beans])
- 1-2 x 30g sultana (or other dried fruit) boxes
- 1 x self-sealed packets of breakfast biscuits (Weet-Bix Go or BelVita)
- 2 x bars, one with chocolate elements and one 'other' (oats, seeds, muesli)
- A spork or fork (disposable)

**Ideal donations to make these include:**

- Food safety gloves
- Large re-sealable plastic bags (27cm x 33cm)
- Bottled water (330 – 500ml)
- 95g small-tinned food (tuna is ideal)
- Juice boxes, **Especially Up And Go**
- 30g boxes of dried fruits
- Breakfast Biscuits
- Protein bars (aiming to avoid confectionery food wherever possible but having chocolate on it is okay)
- Bamboo sporks

All donations have to be individually self-sealed with a verifiable expiry date on it. This means we can disinfect outer packaging before construction when necessary.