

<b>S</b> Food allocation/packing list: 1 Person (SINGLE)	
Item	Allocation
Cereal	3x individual portions
Beans or tinned spaghetti	1x standard
Tinned soup (two types)	2x standard
Tinned tomatoes	1x standard
Tinned vegetables (2 types)	2x small
Long-life fruit juice	1x1ltr
Milk UHT	1x1ltr
Pasta/Rice/Noodles	500g
Pasta sauce	1x jar
Rice pudding or custard	2x small pot/tin/sachet
Tinned fruit	2x small
Tea	40 bags
Meat	2x small
Fish	1x small
Biscuits	1x small packet
Spread (jam or honey or PB)	1x small jar
Extras when available	Add from the 'extras'

<b>S</b> Food allocation/packing list: 1 Person (SINGLE)	
Item	Allocation
Cereal	3x individual portions
Beans or tinned spaghetti	1x standard
Tinned soup (two types)	2x standard
Tinned tomatoes	1x standard
Tinned vegetables (2 types)	2x small
Long-life fruit juice	1x1ltr
Milk UHT	1x1ltr
Pasta/Rice/Noodles	500g
Pasta sauce	1x jar
Rice pudding or custard	2x small pot/tin/sachet
Tinned fruit	2x small
Tea	40 bags
Meat	2x small
Fish	1x small
Biscuits	1x small packet
Spread (jam or honey or PB)	1x small jar
Extras when available	Add from the 'extras'

<b>C Food allocation/packing list: 2 People (COUPLE)</b>	
Item	Allocation
Cereal	1x medium box
Beans or tinned spaghetti	2x standard
Tinned soup (two types)	2x standard
Tinned tomatoes	2x standard
Tinned vegetables (2 types)	2x standard
Long-life fruit juice	1x1ltr
Milk UHT	1x1ltr
Pasta/Rice/Noodles	1kg
Pasta sauce	1 jar
Rice pudding or custard	1x standard
Tinned fruit	1x standard
Tea or coffee	80 bags/1 small jar
Meat	2x standard
Fish	2x standard
Biscuits	1x medium packet
Spread (jam or honey or PB)	1x standard jar
Extras when available	Add from the 'extras'

TO BE EVENLY DISTRIBUTED IN WEIGHT BETWEEN 2 BOXES

<b>C Food allocation/packing list: 2 People (COUPLE)</b>	
Item	Allocation
Cereal	1x medium box
Beans or tinned spaghetti	2x standard
Tinned soup (two types)	2x standard
Tinned tomatoes	2x standard
Tinned vegetables (2 types)	2x standard
Long-life fruit juice	1x1ltr
Milk UHT	1x1ltr
Pasta/Rice/Noodles	1kg
Pasta sauce	1 jar
Rice pudding or custard	1x standard
Tinned fruit	1x standard
Tea or coffee	80 bags/1 small jar
Meat	2x standard
Fish	2x standard
Biscuits	1x medium packet
Spread (jam or honey or PB)	1x standard jar
Extras when available	Add from the 'extras'

TO BE EVENLY DISTRIBUTED IN WEIGHT BETWEEN 2 BOXES

<b>F</b> Food allocation/packing list: 3-4 People (FAMILY)	
Item	Allocation
Cereal	1x large box (1kg)
Beans or tinned spaghetti	4x standard
Tinned soup (two types)	2x standard
Tinned tomatoes	2x standard
Tinned potatoes	1x standard
Tinned vegetables	3x standard
Instant mash	1 x box
Long-life fruit juice	1x1ltr
Milk UHT	2x1ltr
Pasta/Rice/Noodles	1.5kg
Pasta sauce	1x jar
Rice pudding	1x standard
Custard	1x standard
Tinned fruit	2x standard
Tea or coffee	160/180 bags or 1 jar
Meat	3x standard
Fish	4x standard
Biscuits	1xlarge packet
Sponge pudding	400g (2x twin packs)
Spread (jam or honey or PB)	1x standard jar
Extras when available	Add from the 'extras'

TO BE EVENLY DISTRIBUTED IN WEIGHT BETWEEN 3 BOXES

<b>F</b> Food allocation/packing list: 3-4 People (FAMILY)	
Item	Allocation
Cereal	1x large box (1kg)
Beans or tinned spaghetti	4x standard
Tinned soup (two types)	2x standard
Tinned tomatoes	2x standard
Tinned potatoes	1x standard
Tinned vegetables	3x standard
Instant mash	1x box
Long-life fruit juice	1x1ltr
Milk UHT	2x1ltr
Pasta/Rice/Noodles	1.5kg
Pasta sauce	1x jar
Rice pudding	1x standard
Custard	1x standard
Tinned fruit	2x standard
Tea or coffee	160/180 bags or 1 jar
Meat	3x standard
Fish	4x standard
Biscuits	1xlarge packet
Sponge pudding	400g (2x twin packs)
Spread (jam or honey or PB)	1x standard jar
Extras when available	Add from the 'extras'

TO BE EVENLY DISTRIBUTED IN WEIGHT BETWEEN 3 BOXES

<b>HS</b> Food allocation/packing list: 1 Person Halal	
Item	Allocation
Cereal	3x individual portions
Beans or tinned spaghetti	2x standard
Tinned vegetable soup	2x standard
Tinned tomatoes	2x standard
Tinned vegetables (2 types)	2x standard
Tinned potatoes	2x standard
Long-life fruit juice	1x1ltr
Milk UHT	1x1ltr
Rice/Noodles	1kg
Rice pudding or custard	1 standard
Tinned fruit	2x standard
Tea or coffee or hot chocolate	40 bags/small jar
Fish	1x standard
Biscuits	1x small packet
Chickpeas/lentils	1 tin/1 bag
Extras when available	Oil, Flour, Tinned

<b>HS</b> Food allocation/packing list: 1 Person Halal	
Item	Allocation
Cereal	3x individual portions
Beans or tinned spaghetti	2x standard
Tinned vegetable soup	2x standard
Tinned tomatoes	2x standard
Tinned vegetables (2 types)	2x standard
Tinned potatoes	2x standard
Long-life fruit juice	1x1ltr
Milk UHT	1x1ltr
Rice/Noodles	1kg
Rice pudding or custard	1 standard
Tinned fruit	2x standard
Tea or coffee or hot chocolate	40 bags/small jar
Fish	1x standard
Biscuits	1x small packet
Chickpeas/lentils	1 tin/1 bag
Extras when available	Oil, Flour, Tinned

<b>HF</b>		<b>Food allocation/packing list: Family Halal</b>	
<b>Item</b>	<b>Allocation</b>		
Cereal	1x large box		
Beans or tinned spaghetti	4x standard		
Tinned vegetable soup	4x standard		
Tinned tomatoes	4x standard		
Tinned vegetables (2 types)	4x standard		
Tinned potatoes	4x standard		
Long-life fruit juice	1x1ltr		
Milk UHT	2x1ltr		
Rice/Noodles	1.5kg		
Rice pudding or custard	2 standard		
Tinned fruit	4x standard		
Tea or coffee or hot chocolate	80 bags/small jar		
Fish	4x standard		
Biscuits	1x large packet		
Chickpeas/lentils	2 tin/2 bags		
Extras when available	Oil, Flour, Tinned		

TO BE EVENLY DISTRIBUTED IN WEIGHT BETWEEN 3 BOXES

<b>HF</b>		<b>Food allocation/packing list: Family Halal</b>	
<b>Item</b>	<b>Allocation</b>		
Cereal	1x large box		
Beans or tinned spaghetti	4x standard		
Tinned vegetable soup	4x standard		
Tinned tomatoes	4x standard		
Tinned vegetables (2 types)	4x standard		
Tinned potatoes	4x standard		
Long-life fruit juice	1x1ltr		
Milk UHT	2x1ltr		
Rice/Noodles	1.5kg		
Rice pudding or custard	2 standard		
Tinned fruit	4x standard		
Tea or coffee or hot chocolate	80 bags/small jar		
Fish	4x standard		
Biscuits	1x large packet		
Chickpeas/lentils	2 tin/2 bags		
Extras when available	Oil, Flour, Tinned		

TO BE EVENLY DISTRIBUTED IN WEIGHT BETWEEN 3 BOXES



**Food allocation/packing list: KETTLE SINGLE**  
All tins must be ring-pull or key opening

Item	Allocation
Cereal (or instant porridge)	3x individual portions
Beans or tinned spaghetti	2x small/1 standard
Cup-a-soup or sachet soup	2x standard
Spaghetti/ravioli in sauce	2 small/1 standard
Tinned vegetables (ready to eat)	2x small
Instant mash	1x packet
Tinned potatoes	1x standard
Bottle of squash	1x small
Milk UHT	1x1ltr
Milk powder (if available)	1x standard
Rice pudding	1x standard
Tinned fruit	2x small
Tea	40 bags
Meat (corned beef, spam, ham)	2x standard
Tuna	2x small
Biscuits	2x small packet
Cereal bars	Pack of 5
Peanut butter	1x jar
Chocolate (when available)	2x small bar
Can opener when available	1
Extras when available	Add from the 'extras'



**Food allocation/packing list: KETTLE SINGLE**  
All tins must be ring-pull or key opening

Item	Allocation
Cereal (or instant porridge)	3x individual portions
Beans or tinned spaghetti	2x small/1 standard
Cup-a-soup or sachet soup	2x standard
Spaghetti/ravioli in sauce	2 small/1 standard
Tinned vegetables (ready to eat)	2x small
Instant mash	1x packet
Tinned potatoes	1x standard
Bottle of squash	1x small
Milk UHT	1x1ltr
Milk powder (if available)	1x standard
Rice pudding	1x standard
Tinned fruit	2x small
Tea	40 bags
Meat (corned beef, spam, ham)	2x standard
Tuna	2x small
Biscuits	2x small packet
Cereal bars	Pack of 5
Peanut butter	1x jar
Chocolate (when available)	2x small bar
Can opener when available	1
Extras when available	Add from the 'extras'



**Food allocation/packing list: COLD SINGLE**  
**All tins must be ring-pull or key opening**

Item	Allocation
Cereal (NOT OATS)	3x individual portions
Beans or tinned spaghetti	2x small/1 standard
Ravioli in sauce	1 standard
Sweetcorn/carrots	2 standard
Long life fruit juice	2x 1ltr
Milk UHT	1x1ltr
Milk powder (if available)	1x standard
Rice pudding	1x standard
Tinned fruit	2x small
Cooked meat (e.g. corned beef, spam,	2x standard
Tuna	2x small
Breakfast biscuits/cereal bars	1 pack of 5
Peanut butter	1 jar
Savoury biscuits (e.g. cream cracker)	1 packet
Other spread	1x standard
Chocolate (when available)	2x small bar
Can opener (when available)	1
Angel delight (when available)	1
Extras when available	Add from the



**Food allocation/packing list: COLD SINGLE**  
**All tins must be ring-pull or key opening**

Item	Allocation
Cereal (NOT OATS)	3x individual portions
Beans or tinned spaghetti	2x small/1 standard
Ravioli in sauce	1 standard
Sweetcorn/carrots	2 standard
Long life fruit juice	2x 1ltr
Milk UHT	1x1ltr
Milk powder (if available)	1x standard
Rice pudding	1x standard
Tinned fruit	2x small
Cooked meat (e.g. corned beef, spam,	2x standard
Tuna	2x small
Breakfast biscuits/cereal bars	1 pack of 5
Peanut butter	1 jar
Savoury biscuits (e.g. cream cracker)	1 packet
Other spread	1x standard
Chocolate (when available)	2x small bar
Can opener (when available)	1
Angel delight (when available)	1
Extras when available	Add from the


Food allocation/packing list: 1 Person Vegetarian	
Item	Allocation
Cereal	3x individual portions
Beans or tinned spaghetti	2x standard
Tinned vegetable soup	2x standard
Tinned tomatoes	2x standard
Tinned vegetables	3x small
Tinned potatoes	2x standard
Long-life fruit juice	1x1ltr
Milk UHT	1x1ltr
Pasta	500g
Rice/Noodles	500g
Pasta sauce	1x jar
Rice pudding or custard	2x small pot/tin/sachet
Tinned fruit	2x small
Tea	40 bags
Biscuits	2x small packet
Spread (jam or honey or PB)	1x small jar
Extras when available	Add from the 'extras'


Food allocation/packing list: 1 Person Vegetarian	
Item	Allocation
Cereal	3x individual portions
Beans or tinned spaghetti	2x standard
Tinned vegetable soup	2x standard
Tinned tomatoes	2x standard
Tinned vegetables	3x small
Tinned potatoes	2x standard
Long-life fruit juice	1x1ltr
Milk UHT	1x1ltr
Pasta	500g
Rice/Noodles	500g
Pasta sauce	1x jar
Rice pudding or custard	2x small pot/tin/sachet
Tinned fruit	2x small
Tea	40 bags
Biscuits	2x small packet
Spread (jam or honey or PB)	1x small jar
Extras when available	Add from the 'extras'



 <b>Food allocation/packing list: 1 Person <u>Vegan</u></b> <b>ALWAYS CHECK STOCK LABELS TO ENSURE VEGAN APPROVED</b>	
Item	Allocation
Cereal/porridge oats (with vegan approved)	3x individual portions or
Beans or tinned spaghetti(with veg)	2x standard
Tinned vegetable soup(with veg)	3x standard
Tinned tomatoes	2x standard
Tinned vegetables	3x standard
Tinned potatoes	2x standard
Long-life fruit juice	1x1ltr
Dairy Free milk (Almond/Oat/Soya)	1x carton
Pasta	1x 500g
Rice/Noodles	1x 1kg
Chickpeas/lentils	1x standard/1 bag
Tinned dessert (with vegan approved)	1x standard
Tinned fruit	2x standard
Tea	40 bags
Biscuits (with vegan approved label)	1 packet
Extras when available	Add from the 'extras'

 <b>Food allocation/packing list: 1 Person <u>Vegan</u></b> <b>ALWAYS CHECK STOCK LABELS TO ENSURE VEGAN APPROVED</b>	
Item	Allocation
Cereal/porridge oats (with vegan approved)	3x individual portions or
Beans or tinned spaghetti(with veg)	2x standard
Tinned vegetable soup(with veg)	3x standard
Tinned tomatoes	2x standard
Tinned vegetables	3x standard
Tinned potatoes	2x standard
Long-life fruit juice	1x1ltr
Dairy Free milk (Almond/Oat/Soya)	1x carton
Pasta	1x 500g
Rice/Noodles	1x 1kg
Chickpeas/lentils	1x standard/1 bag
Tinned dessert (with vegan approved)	1x standard
Tinned fruit	2x standard
Tea	40 bags
Biscuits (with vegan approved label)	1 packet
Extras when available	Add from the 'extras'

 <b>Food allocation/packing list: Gluten Free 1 Person (SINGLE)</b> Always check ingredients - you are looking to exclude <b>wheat, oats, barely, rye and spelt</b> . These ingredients contain gluten		
Item	Allocation	Gluten Free notes
Cereal	3x individual portions or cereal bars	Look on special diet section (shelf next to sink)
Beans ( <b>not tinned spaghetti</b> )	1x standard	Heinz are marked as GF
Tinned soup (two types)	2x standard	Check ingredients
Tinned tomatoes	1x standard	
Tinned vegetables (2 types)	2x small	
Long-life fruit juice	1x1ltr	
Milk UHT	1x1ltr	
Pasta/Rice/Noodles	500g	Rice and quinoa are ok. <b>Not couscous</b> . For pasta look on special diet section
Pasta sauce	1x jar	Check ingredients
Rice pudding or custard	2x small pot/tin/sachet	Check ingredients
Tinned fruit	2x small	
Tea	40 bags	
Meat	2x small	Check ingredients
Fish	1x small	
Biscuits	1x small packet	Look on special diet section.
Spread (jam or honey or PB)	1x small jar	
Extras when available	Add from the 'extras' racking including short dated crisps etc. <b>Check ingredients.</b>	

 <b>Food allocation/packing list: Gluten Free 1 Person (SINGLE)</b> Always check ingredients - you are looking to exclude <b>wheat, oats, barely, rye and spelt</b> . These ingredients contain gluten		
Item	Allocation	Gluten Free notes
Cereal	3x individual portions or cereal bars	Look on special diet section (shelf next to sink)
Beans ( <b>not tinned spaghetti</b> )	1x standard	Heinz are marked as GF
Tinned soup (two types)	2x standard	Check ingredients
Tinned tomatoes	1x standard	
Tinned vegetables (2 types)	2x small	
Long-life fruit juice	1x1ltr	
Milk UHT	1x1ltr	
Pasta/Rice/Noodles	500g	Rice and quinoa are ok. <b>Not couscous</b> . For pasta look on special diet section
Pasta sauce	1x jar	Check ingredients
Rice pudding or custard	2x small pot/tin/sachet	Check ingredients
Tinned fruit	2x standard	
Tea	40 bags	
Meat	2x small	Check ingredients
Fish	1x small	
Biscuits	1x small packet	Look on special diet section.
Spread (jam or honey or PB)	1x small jar	
Extras when available	Add from the 'extras' racking including short dated crisps etc. <b>Check ingredients.</b>	