

# Foods to include in food parcels

## Fresh items

Milk Potatoes Eggs  
Yogurt Poultry/Meat  
Cheese Low-fat spread  
Fresh bread  
(pitta, wraps, bagels etc.)  
Fresh fruits and vegetables

## Starchy food

Porridge Breakfast Cereals  
Noodles Pasta Crispbreads  
Instant Mash Potatoes  
Tinned Potatoes Rice  
Crackers Lasagne sheets

## Protein rich foods

Tinned or dried beans  
(kidney beans, chickpeas,  
black beans, butter beans etc.)  
Baked beans in tomato sauce  
Tinned or dried lentils  
Tinned fish (tuna, salmon etc.)  
Tinned meat or chicken

## Soups and sauces

Tinned soups  
Jars of pasta sauces  
Jars of curry or  
chilli sauce etc

## Vegetables and fruit

Tinned vegetables  
Tinned tomatoes  
Unsweetened fruit juice  
Tinned fruits in  
juice not syrup

## Dairy and alternatives

UHT long-life milk  
Custard powder  
Milk powder  
Tinned custard  
or rice pudding

## Drinks

UHT long-life fruit juice  
Dilutable fruit drinks  
with no-added sugar  
Instant coffee  
Tea bags  
Water

The following are not required for a healthy diet. However, can sometimes be included in food parcels:

## Snack ideas

Plain biscuits (rich tea, digestives or oat biscuits etc.) Oat and rice cakes  
Baked crisps, bread sticks and plain popcorn  
Unsalted-nuts (almonds, hazelnut etc) Dried fruit mix

## Cooking ingredients

Cooking oils (vegetable,  
rapeseed or olive oil)  
Tomato puree  
Stock cubes (low-salt  
where possible)

## Herbs and spices

Pepper  
Garlic powder/ Puree  
Mixed dried herbs  
Mixed spice/  
curry powder

## Baking

Flour (plain,  
self-raising, wholemeal)  
Sugar (caster, brown)

## Condiments

Peanut butter  
Honey  
Marmalade  
Jam