Grace Giving
ENSW Food Pantry

Abbreviated Supply List

Dry Goods: 2.5kg or less:

- Flour
- Sugar
- Beans/Lentils
- Pasta/Rice
- Cup of Soup Mixes (for the parcels for the elderly)
- Oatso Easy (for the parcels for the elderly)
- 2 Min. Noodles (for the parcels for the elderly)
- Smash (for the parcels for the elderly)

Condiments or Spices:

- Salt/Pepper/Garlic

Canned or Carton Goods:

- Vegetables
- Pilchard
- Cooking Oil
- Long Life Milk (boxed)

Additional Items:

- Feminine Sanitary Products
- Deodorant
- Toothpaste/toothbrushes
- Handwash Soap
- Dish Soap

For more information, drop-off details, or for the full supply listing, please contact Helena Smith @ helena@ensw.org
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