- Shampoo & Conditioner
- Toothbrushes singles
- Toothpaste
- Bar soap
- Yellow onions
- Canned vegetables
 398ml (corn, peas, mixed veg etc.)
- Diced tomatoes796ml
- Tomato paste156ml
- Canned soups

 (cream of mushroom, tomato, chicken noodle)

- Canned tuna
- Canned Chicken(flakes of chicken)
- Canned Ham (flakes of ham)
- Black beans 540ml
- Kidney beans540ml
- Canned chickpeas540ml
- Dried lentils 900g (green or red)
- •Small white beans (dried) 900g
- Peanut butter 500g
- Jam 500ml (strawberry, raspberry)

- Mayonnaise 445ml
- Pancake mix 905g
- Pancake/TableSyrup 750ml
- Pasta (spaghetti, rotini etc.)
- Apple Juice 1L tetra pack
- Orange Juice 1L tetra pack
- All purpose flour –2.5kg
- Granulated sugar –2 kg
- Dish soap