

CARE KIT



Essentials

- Cereal x 2
- Juice x 2
- Longlife milk x 2
- Pasta and jar sauces x 2
- 2kg rice
- Meal bases x 4 (jar or packet)
- Muesli bars x 2
- fruit / jelly cups x 2
- Cheese and biscuits pack x 2
- Chips / snack multipack x 2
- Baked beans / spaghetti x 2
- Fruit bars / dried fruit
- Shampoo + conditioner
- Body wash / soap
- Toilet paper rolls
- Dishwashing liquid
- Laundry detergent
- 2 minute noodles
- Porridge sachets
- Vegemite
- Honey
- Jam
- Milo
- Share the dignity care bag
- Euclove cleaning bundle
- Thread together clothing



Self Care

- Chocolate x 2
- Body Lotion
- Lip balm
- Face mask x 2
- Scrunchies / hair accessories
- Hand cream
- Bath salts / shower steamer
- Hair mask
- Candle / diffuser
- Notepad/Journal

