



PULSE PANTRY

PANTRY ITEM	POINTS REQUIRED
Generic rice - 1kg (e.g. long grain)	3
Rice Cups Microwaveable	2
Plain Flour - 1kg	3
2 minute noodles	1
Light / Skim / Reg / Lactose free / Soy long life milk - 1L	2
Oats - 900g	3
Oat Satchets	1
Pasta - 500g	2
Fruit Salad Cups	2
Pasta Sauce	3
Canned Tomatoes	1
Canned Tuna	1
Canned Lentils	2
4 Bean Mix	2
Baked Beans	2
Instant Soup Varieties / Cup a Soup	1
Shapes / Tiny Teddies / Chips	1
Rexona Deodorant	4

EXAMPLE 1

Rice (3)
2 minute noodles (1)
Milk (3)
Pasta (2)

TOTAL 9 POINTS

EXAMPLE 2

Fruit cup (2)
Pasta (2)
Pasta sauce (3)
Canned Tomato (2)
Tuna (1)

TOTAL 10 POINTS

EXAMPLE 3

Lentils (2)
Pasta sauce (3)

TOTAL 5 POINTS