



# PULSE PANTRY

PANTRY ITEM	POINTS REQUIRED
Rice - 1kg	3
Microwaveable Rice Cups / Pouches	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 (95g)	1
Canned Tuna (185g)	2
Canned Goods (Baked Beans, Lentils, 4 Bean mix)	2
Instant Soup Varieties / Cup a Soup	1
Shapes / Tiny Teddies / Chips	1
Roll on Deodorant	2
Pocket Pack Tissues	1
Cereal Sachets / Bowls	1
Up & Go	1
Spreads (Peanut Butter, Jam, Vegimite)	2
Dinner Sauce Pouch	2
Personal Hygiene Items (e.g. sanitary items, soap, shampoo)	0

## EXAMPLE 1

Rice (3)  
 2 minute noodles (1)  
 Milk (2)  
 Pasta (2)  
**TOTAL 8 POINTS**

## EXAMPLE 2

Fruit cup (2)  
 Pasta (2)  
 Pasta sauce (3)  
 Canned Tomato (1)  
 Tuna - 95g (1)  
**TOTAL 9 POINTS**

## EXAMPLE 3

Lentils (2)  
 Pasta sauce (3)  
**TOTAL 5 POINTS**