



# PULSE PANTRY

PANTRY ITEM	POINTS REQUIRED
Individual Up & Go	1
2-minute noodles packet	1
Herb / Spices packets	1
Cereal sachets or bowls	1
Instant soup packets	1
Fruit salad cup	1
Pasta (spaghetti, penne etc)	2
Dinner Sauce Pouch	2
1L Milk (soy, skim, regular, etc)	2
Spreads (Peanut Butter, Jam, Vegemite)	2
Microwavable rice pouch / cup	2
Jar of garlic	2
Canned Food (Tomatoes, Lentils, Tuna, coconut milk etc)	2
Roll on Deodorant	2
Rice 1 kilo	3
Pasta Sauce	3
Oats 900g	3
Plain flour 1kg	3
Sanitary products	0
Items from the NO POINTS SHELF (max 2 per person)	0
Fresh food products – limits may apply	0

If you find yourself relying on Pantry – please have a chat with the staff and we may be able to assist you further.