

HOUSEHOLD:DATE:BASIC STORES

ITEM	AMOUNT/PERSON	NO OF PEOPLE	AMT REQUIRED	AMT HELD	BALANCE
WHEAT	140 Kg				
HONEY } SUGAR }	30 Kg				
POWDERED MILK	35 Kg				
SALT	3 Kg				

TINNED VEGETABLES

ITEM	TIN WEIGHT	No	BOX EQUIVALENT
POTATOES	440 gm		
POTATO WHIP	2.5 Kg		
CARROTS	440 gm		
PEAS	440 gm		
GREEN BEANS	440 gm		
CORN - NIBLETS	440 gm		
- CREAMED	440 gm		
BAKED BEANS	440 gm		
WHOLE TOMATOES	440 gm		
TOMATO SOUP	440 gm		
MUSHROOMS	220 gm		
BEETROOT	440 gm		

TINNED FRUIT

PINEAPPLE RINGS	440 gm		
PEARS	850 gm		
PEACHES	850 gm		
APRICOTS	850 gm		
TWO-FRUITS	850 gm		
FRUIT JUICE	3 LITRE		
OTHER			

TINNED MEAT AND FISH

ITEM	TIN WEIGHT	No	BOX EQUIVALENT
SPAM	340 gm		
CORNER BEEF	340 gm		
CAMP PIE	340 gm		
HAM	450 gm		
TUNA	440 gm		
SARDINES	100 gm		
SALMON	210 gm		
FRANKFURTS (PLUMROSE)	425 gm		

FATS AND OILS

ITEM	PACK SIZE	No	TOTAL
VEGETABLE OIL			
SHORTENING	700 gm		
GHEE	500 gm		
BUTTER	375 gm		

DRY GOODS

FLOUR - PLAIN	25 kg		
- SELF RAISING	25 kg		
- CORN	500 gm		
SOUP POWDER	2.5 kg		
ROLLED OATS	25 kg		
PASTA - SPAGHETTI	500 gm		
- MACARONI	500 gm		
- SHELLS	500 gm		
- 2-MINUTE NOODLES	85 gm		
YEAST	500 gm		
BAKING POWDER	1000 gm		
DRIED BEANS (eg. CANNELLINI)	500 gm		

SUNDRIES

ITEM	PACK SIZE	No	TOTAL
DRINKS - OVALTINE			
- MILO			
- ECCO			
- COCOA			
MILK - SWEETENED CONDENSED	400 gm		
- EVAPORATED	400 gm		
SPREADS - JAM	680 gm		
- VEGETABLE	455 gm		
- PEANUT BUTTER	780 gm		
SAUCES - TOMATO			
- SOY			
- CHILLI			
- WORCESTERSHIRE			
- BARBECUE			
SWEETS - ICING SUGAR - MIX	500 gm		
- PURE	500 gm		
- LIQUID GLUCOSE	500 gm		
- COCONUT (DESSICATED)	500 gm		
- GOLDEN SYRUP	500 gm		
- TREACLE	500 gm		
- CHOCOLATE	200 gm		
- CUSTARD POWDER	500 gm		

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