

# List of Approved Essential Goods

Essential Goods	
Fruit (wet shelf stable packaged in juice or spring water)	Nuts (unroasted without added salt)
Fruit (Dried)	Healthy Snacks
Fruit (Fresh)	Rolled oats
Vegetables (fresh)	Artificial Sweetener
Vegetables (frozen)	Salt (Iodised)
Vegetable meals (shelf stable packaged or tinned)	Oil (Monounsaturated or Polyunsaturated)
Vegetables (shelf stable packaged or tinned)	Margarine (non-dairy blend)
Seafood (fresh or frozen)	Water (all bottle varieties)
Seafood (shelf stable packaged or tinned)	Baby food - red meat and vegetables suitable from 6 months
Lean Meat (fresh or frozen)	Baby food - red meat and vegetables suitable from 8 months
Meat or seafood meals (frozen)	Baby food - formula suitable from birth to 6 months
Meat or seafood meals (Shelf stable packaged or tinned)	Baby food - formula suitable from 6 to 12 months
Legumes (Shelf stable packaged or tinned)	Baby food - infant cereal (iron enriched)
Eggs	Baby bottles, Feeding cups
Milk (UHT or fresh)	Nappies
Powdered milk	Baby Wipes
Cheese	Continence aids
Yoghurt	Bandages (adhesive strips)
Rolled Oats	Toothbrush
Quick Instant Oats	Toothpaste with fluoride
Breakfast cereals (wheat biscuit)	Body soap
Healthy cereal (other)	Pain relief medication
Bread	Shampoo
Pasta	Conditioner
Rice	Hairbrushes or combs
Flour	Feminine hygiene products (pads and tampons)
Blankets	Antiseptic (cream, liquid, ointment, spray)
Sheets	Cookware (frypan or saucepan)
Pillows	Serving ware - bowls, plates, cups, cutlery (Ceramic or metal or melamine)
Towels	Foil
Tissues	Cling wrap
Toilet paper	Garbage bags
Broom	Gloves
Disinfectant spray	Can opener
Mop	Clothes washing (powder or liquid)

Pest control (fly spray etc)	Sponges or cloths
Mosquito repellent	Dish washing (liquid or tablets)
Dry dog food	Dry cat Food
Wet dog food	Wet cat food