



Items	Quantity
Rice	10 KG
Dhal / Lentils	4KG
Sugar	2KG
Sprats	1KG
Dried fish – <i>Thalapath</i> (Sail fish)	250g
Soya	5 X 90g
Biscuits (200/250g)	3 x 250g
Wheat flour	2KG
Tea	1KG
Green gram (Mung Beans)	1KG
Chickpeas	1KG
Coconut oil	2L
Table salt	400g
Chilli powder	250g
Pepper powder	200g
Turmeric powder	200g
Curry powder	250g
Chilli flakes	250g
Canned Mackerel	3 x 425g
Milk powder	400g
Sanitary pads/napkins	5 packs
Soap – laundry	5 packs
Soap – personal hygiene	5 x 90g
Toothpaste	1
Toothbrush	4