



YOUR RATION CHALLENGE SHOPPING LIST

Visit your local supermarket, purchase the food ration ingredients below and tick them off as you go.

Once you've finished, put your food rations inside a box, take a photo and post it on social media with a link to your fundraising page to show everyone what you'll be eating!

SHOPPING LIST

- ☐ 4lb 4oz* White rice
- ☐ 14oz Plain flour
(or gluten free alternative)
- ☐ 6oz Dried lentils
- ☐ 12oz Vegetable oil
- ☐ 3oz Dried chickpeas
- ☐ 15oz Canned kidney beans
- ☐ 3.75oz Canned sardines
(or vegetarian/vegan alternative)

*Approximately 15 ounces is representative of the rice distributed by the Ration Challenge and its partners. The rest represents additional rations refugees might receive from other organisations and agencies such as the UN.



RED LENTILS
170G

Product of Australia
Ingredients
This food is made from
ArrowPak
Supplier
Australia
This product contains
nuts, soy, and wheat
read the label
Be