

HAMPER GUIDELINES - UPDATED

Below is a guide for packing an **emergency hamper** to supply 2-persons or 4-persons (family) for approximately **7 days**. This is a general guide based on the Australian Dietary Guidelines. Hampers will vary depending on availability of goods, cultural background of recipients, ages of children and number of persons in household.

When packing hampers:

1. Ensure there are **no items made of glass**.
2. Consider the **ethnic background** and dietary requirements of recipients.
See Table 1 for cultural dietary considerations.
3. Consider the **age of children** when deciding on quantities. Younger children consume less and will therefore require less food and teenagers will eat more and different foods.
4. **Do not include** any alcohol, tobacco or cash.
5. **Discard** any food that has been opened and may spoil.
6. Check **best before and use-by dates**. *See below for definitions.*
7. **Do not give nuts to households with children under 5 years** as they may present a risk of choking or anaphylactic (serious) allergic reaction.
8. **Packing in bags** that are not too heavy to carry, can be reused and are not plastic are more suitable than boxes.
9. **If toiletries** are available (such as shampoo, conditioner, sanitary items, tissues) distribute based on needs of recipients; a household with more females may require more of these goods. Cakes of soap are more acceptable than liquid soap for some cultural groups.
10. **If there are toys**, distribute them based on how many children are in the household. Check the age recommendations for the toys and the gender and age(s) of children in the household.
11. It is recommended that hampers **only contain non-perishable items** due to food safety. If there are perishable items, consider packing them appropriately so they don't get damaged and ensure all items and packing procedures **comply with food safety guidelines**. *See below for links to further information.*

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Table 1. Cultural Dietary Considerations

Ethnic or Religious Background	Dietary Requirements or Preferences
Islamic	Consume Halal diet No pork No foods containing alcohol or animal gelatine All other animal products need to be halal certified <i>See below for definition and further information</i>
Hindu	Consume a lot of vegetables No beef
Asian	Consume rice and noodle foods, fewer dairy-based foods
African	Consume a lot of cereal/wholegrains, fruit and vegetables
European	Consume a lot of breads, pasta, fruits, vegetables and cereals

Table 2. Hamper food items and quantities for approximately 7 days

Food items	Quantities for 2 people	Quantities for 4 people
Breads and cereals		
Breakfast cereal ¹	2x 400-450g boxes	4x 400-450g boxes
Flatbread (long-life)	4x 200-260g packs	8x 200-260g packs
Dry pasta	1x 500g packet	2x 500g packets
Dry rice	1x 1kg packet	2x 1kg packets
Other Options		
Oats, Savoury biscuits ² , quinoa, pearl barley, couscous, polenta, taco shells, noodles, rice cakes		
Dairy		
Long-life milk or calcium fortified alternative (eg soy, nut milks)	5x 1L cartons	10x 1L cartons
Long life cheese	1x 400g equivalent	2x 400g equivalent
Long life custard	800g	1600g
Other Options		
Powdered milk, canned coconut milk, powdered coconut milk		
Fruit		
Canned fruit	4x 400-420g cans	8x 400-420g cans
Dried fruit (eg dates, sultanas)	100g packet	200g packet
Fruit juice - long life ³	1x 750ml bottle	2x 750ml bottles
Fresh fruit	8x pieces	16x pieces
Other Options Dried fruit juice mix ³		
Vegetables		
Canned starchy vegetables (eg potatoes, carrots, corn, sweet corn)	4x 410g cans	8x 410g cans
Canned legumes (eg chickpeas, lentils, baked beans)	3x 410g cans	6x 410g cans
Canned tomatoes	3x 410g cans	6x 410g cans

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Food items	Quantities for 2 people	Quantities for 4 people
Canned other vegetables (eg peas, green beans, capsicum, mushrooms)	3x 410g cans	6x 410g cans
Other Options Dried legumes/lentils, miso soup powder		
Nuts and seeds (no nuts for households with children under 5 years old)		
Varieties of packaged nuts (preferably raw and unsalted)	1x 350g bag	2x 350g bags
Other Options Varieties of seeds		
Meat and alternatives		
Canned meat or poultry alternative	6x 85g cans (chicken) 2x 200g cans (ham/beef) 2x 400-425g cans (meat)	12x 85g cans (chicken) 4x 200g cans (ham/ beef) 4x 400-425g cans (meat)
Canned fish (preferably plain)	4x 425g cans (or 16x 95g cans)	8x 425g cans (or 32x 95g cans)
Other Options Powdered egg (150g = 12 eggs = 6 meat serves)		
Fats and oils		
Oil (preferably olive or canola)*	1x 375ml bottle	2x 375ml bottles
Spread (butter or margarine)	1x 500g container	2x 500g containers
Other pantry items		
Jam, honey, peanut butter, vegemite*	1x 500g plastic jar	2x 500g plastic jars
Tea + coffee*	~60 teabags 1x 200g tin* coffee	~120 teabags 1x 500g tin* coffee
Other Options Dried herbs, curry powder, MILO, tahini (sesame paste), plain flour, cornflour, sugar, salt, tomato puree/paste/passata, stock or stock cubes, soup		
Discretionary/snacks (optional)		
Chocolate/ lollies	1x 180g block chocolate Or 1x 200g bag lollies	2x 180g blocks chocolate Or 2x 200g bags
Muesli bars/sweet biscuits	1x 250g muesli bars Or 1x 200g sweet biscuits	2x 250g muesli bars Or 2x 200g sweet biscuits

* Ensure all items are in plastic packaging not glass

- ^{^1} Breakfast cereals can contain high quantities of sugar and salt. The healthiest options have less than 15g sugar per 100g. Up to 25g sugar per 100g is acceptable if fruit is a main ingredient. The best cereals also have at least 3g fibre per serve
- ^{^2} Savoury Biscuits can be high in fat and salt. Per 100g, aim for less than 10g total fat, less than 3g saturated fat and less than 400mg sodium.
- ^{^3} The recommendation for fruit juice is 125ml (1/2 cup) per day.

DEFINITIONS, NOTES AND LINKS TO FURTHER INFORMATION

Halal – is an Arabic word meaning lawful or permitted. People of Muslim faith must follow Halal dietary requirements. Foods that are NOT considered Halal are alcohol, any pork products, carnivorous animals and foods contaminated with any of the above products. Other meats and poultry are Halal if prepared according to Islamic rites. Enzymes, gelatine, emulsifiers, flavours, rennet and stock are permitted if plant based, synthetic or derived from Halal animals. Foods may have Halal certification and a symbol on the packaging. Plant-based foods, seafood, eggs and dairy products are Halal unless they have non-Halal ingredients mentioned above. Adapted from: <https://www.icv.org.au/about/about-islam-overview/what-is-halal-a-guide-for-non-muslims/> and The Australian National Imams Council (ANIC) <https://anichalal.org.au/>

Guidelines for reading a food label

Items to check	Look at the 100g column and aim for
Total Fat	Less than 10g
Saturated Fat	Less than 3g
Sugars	Less than 15g (If fruit is a main ingredient than up to 25g is okay)
Sodium (part of salt)	Less than 400mg

- <https://www.eatforhealth.gov.au/eating-well/how-understand-food-labels>
- https://www.health.qld.gov.au/_data/assets/pdf_file/0027/441774/reading-food-labels.pdf

‘Best before’ and ‘Use-by’ dates

A *Use By* date indicates the date by which food must be eaten or thrown away, even if there is no sign of spoilage.

A *Best Before* date means a product will remain safe to eat after the date, provided it is not spoiled, damaged or perished. The quality, colour or freshness may be affected.

- <https://www.foodstandards.gov.au/consumer/labelling/dates/Pages/default.aspx>
- <https://www.foodauthority.nsw.gov.au/consumer/food-labelling/stay-safe/date-marking-storage-labelling>

Food Safety and Storage Guidelines

Perishable foods are those likely to spoil, decay or become unsafe to consume if not kept refrigerated at 4 °C or below, or frozen at -18 °C or below. Examples of foods that must be kept refrigerated for safety include meat, poultry, fish, dairy products & all cooked leftovers.

- <https://www.foodstandards.gov.au/consumer/safety/faqsafety/pages/foodsafetyfactsheets/charitiesandcommunityorganisationsfactsheets/transportingfoodmay21480.aspx>
- <https://www.csiro.au/en/Research/Health/Healthier-safer-foods/Food-safety/Refrigerating-foods>
- <https://www.sustainability.vic.gov.au/Campaigns/Love-Food-Hate-Waste/Storage-guide-for-fresh-produce>
- <https://www.goodfood.com.au/eat-out/news/how-long-can-you-really-use-foods-past-their-bestbefore-date-20200512-h1o06x>
- <https://healthy-kids.com.au/40-pantry-staples/>