

## HAMPER GUIDELINES

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Below is a guide for packing an **emergency hamper** to supply 2-persons or 4-persons (family) for approximately **2 weeks**. 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 **cultural 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.*

## HAMPER GUIDELINES

**Table 1.** Cultural Dietary Considerations

Ethnic or Religious Background	Dietary Requirements or Preferences
<b>Islamic</b>	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>
<b>Hindu</b>	Consume a lot of vegetables No beef
<b>Asian</b>	Consume rice and noodle foods, less dairy based foods
<b>African</b>	Consume a lot of cereal/wholegrains, fruit and vegetables
<b>European</b>	Consume a lot of breads, pasta, fruits, vegetables and cereals

**Table 2.** Hamper food items and quantities for approximately 2 weeks

Food items	Quantities for 2 people	Quantities for 4 people
<b>Breads and cereals</b>		
Breakfast cereal <sup>1</sup>	1x 400-450g box	2x 400-450g boxes
Flatbread (long-life)	2x 200-260g packs	4x 200-260g packs
Dry pasta	1x 500g packet	2x 500g packets
Dry rice	1x 1kg packet	2x 1kg packets
<b>Other Options</b>		
Oats, Savoury biscuits <sup>2</sup> , quinoa, pearl barley, couscous, polenta, taco shells, noodles, rice cakes		
<b>Dairy</b>		
Long-life milk or calcium fortified alternative (eg soy, nut milks)	3x 1L cartons	6x 1L cartons
Long life cheese	1x 200g equivalent	2x 400g equivalent
<b>Other Options</b>		
Powdered milk, canned coconut milk, powdered coconut milk		
<b>Fruit</b>		
Canned fruit	4x 400-420g cans	8x 400-420g cans
Dried fruit (eg dates, sultanas)	100g packet	200g packet
Fruit juice - long life <sup>3</sup>	1x 250ml bottle	2x 250ml bottles
Fresh fruit	8x pieces	16x pieces
<b>Other Options</b>		
Dried fruit juice mix <sup>3</sup>		
<b>Vegetables</b>		
Canned starchy vegetables (eg potatoes, carrots, corn, sweet corn)	3x 410g cans	6x 410g cans
Canned legumes (eg chickpeas, lentils, baked beans)	2x 410g cans	4x 410g cans

## HAMPER GUIDELINES

Food items	Quantities for 2 people	Quantities for 4 people
Canned tomatoes	2x 410g cans	4x 410g cans
Canned other vegetables (eg peas, green beans, capsicum, mushrooms)	3x 410g cans	6x 410g cans
<b>Other Options</b>		
Dried legumes/lentils, miso soup powder		
<b>Nuts and seeds (no nuts for households with children under 5 years old)</b>		
Varieties of packaged nuts (preferably raw and unsalted)	1x 350g bag	2x 350g bags
<b>Other Options</b>		
Varieties of seeds		
<b>Meat and eggs</b>		
Canned meat or poultry alternative	6x 85g cans (chicken)	12x 85g cans (chicken)
	2x 200g cans (ham/beef)	4x 200g cans (ham/ beef)
	2x 400-425g cans (meat)	4x 400-425g cans (meat)
Canned fish (preferably plain)	2x 425g cans (or 8x 95g cans)	4x 425g cans (or 16x 95g cans)
<b>Other Options</b>		
Powdered egg (150g = 12 eggs = 6 meat serves)		
<b>Fats and oils</b>		
Oil (preferably olive or canola)*	1x 500ml bottle	1x 500ml bottle
Spread (butter or margarine)	1x 500g container	2x 500g containers
<b>Other pantry items</b>		
Jam, honey, peanut butter, vegemite*	1x 500g plastic jar	2x 500g plastic jars
Tea + coffee*	~50 teabags 1x 200g tin* coffee	~100 teabags 1x 500g tin* coffee
<b>Other Options</b>		
Dried herbs, curry powder, MILO, tahini (sesame paste), plain flour, cornflour, sugar, salt, tomato puree/paste/passata, stock or stock cubes, soup		
<b>Discretionary/snacks</b>		
Chocolate/ lollies	1x 180g block chocolate	2x 180g blocks chocolate
	Or 1x 200g bag lollies	Or 2x 200g bags
Muesli bars/sweet biscuits	1x 250g muesli bars	2x 250g muesli bars
	Or 1x 200g sweet biscuits	Or 2x 200g sweet biscuits

\* Ensure all items are in paper or plastic packaging not glass

- <sup>^1</sup> 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
- <sup>^2</sup> 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.
- <sup>^3</sup> 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](https://www.health.qld.gov.au/_data/assets/pdf_file/0027/441774/reading-food-labels.pdf)

### 'Use-by' and 'Best Before' 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/>