

ESSENTIAL *items* LIST

JULY 2026



LIGHTHOUSE
FOUNDATION *for youth*

35
YEARS

ITEM	NOTES
Rice	Staple requested across almost all homes and programs.
Pasta	Affordable, familiar and useful for quick meals.
Pasta Sauce	Regularly paired with pasta in youth homes and flexible pantry packs.
Protein	Chicken breast and other fresh protein.
Fresh Fruit	Bananas, apples, mandarins, oranges, grapes and seasonal fruit.
Fresh vegetables	Potatoes, onions, carrots, broccoli, tomatoes and salad mix.
Milk and milk alternatives	Regular milk, lactose-free milk, oat milk and soy milk.
Eggs	Useful for breakfasts, snacks and inexpensive meals.
Bread and wraps	Breakfast, lunch, and a school lunch staple.
Cheese	Sliced, shredded, or block cheese; particularly in demand in youth homes.
Tinned tomatoes	Flexible base for pasta, curries, soups and other meals.
Tinned beans and legumes	Kidney beans, chickpeas, lentils, baked beans and mixed beans.
Cereal and oats	Important breakfast items across homes and families.
Tuna and tinned protein	Long-life protein; kosher-certified tuna is required for Orly House.
Yoghurt and yoghurt pouches	In demand across youth homes and Young Parents & Babies program.
School snacks	Muesli bars, crackers, Shapes and individually packaged snacks.
Quick meals	Two-minute noodles, Easy Mac, ravioli packs and simple ready meals.
Cooking oil	Olive oil and vegetable oil for shared household cooking.
Sauces and spreads	Tomato sauce, mayonnaise, BBQ sauce, Vegemite and peanut butter.
Baby wipes	A recurring priority for Young Parents & Babies and Foster & Kinship hubs.
Household cleaning essentials	Dishwashing liquid, laundry detergent, cleaning spray, paper towel and toilet paper.
Dips	Hummus, Tzatziki etc.