

Your Ration Challenge Shopping List

Since launching the first ever Ration Challenge in New Zealand, more than 4,000 passionate Kiwis have signed up to take the challenge and raise money and awareness for refugees.

The challenge has been so popular that unfortunately we don't have any food ration packs left to send to you. The great news is you can still take part. Visit your local supermarket, purchase the food ration ingredients below and tick them off as you go. You can also buy any of the food rewards you've earned to add to your rations (see inside your guide for more details).

Once you've finished, take a photo with all of your food rations and post it on Facebook with a link to your fundraising page to show everyone what you'll be eating!

Food item	Quantity	✓
White rice	1920g	
Plain flour (or gluten free alternative)	400g	
Lentils (red or brown)	170g	
Vegetable Oil	300mL	
Dried chick peas	85g	
Tin of kidney beans	1 x 400g	
Tin of sardines	1 x 106g	

