



HOW TO HELP SEA SHEPHERD

FOOD REQUEST LIST

Sea Shepherd is heading to Antarctica again to defend the whales from harpoons –Our ship, the STEVE IRWIN departs Brisbane at the end of November and we need your help for **OPERATION MUSASHI**. We rely on food donations; so here are some ideas. It must all be VEGAN – which means no meat, dairy, eggs, honey or animal derived products. Please contact the cooks – Laura, Zin or Nicola if you have questions (or ideas about sourcing staples or large donations), or to arrange dropping off the food: **0423 488 315** or seashepherdfood@gmail.com

- Coconut cream/milk
- Cornflakes, coco pops, rice bubbles, Weet bix
- Soy milk
- Maple syrup
- Juice, cordial & soft drinks
- Nutritional yeast/savory yeast
- Tinned chickpeas
- Baked beans & spaghetti
- Nuts & seeds
- Dried fruits
- Vegan chocolate
- Corn chips
- Gluten flour
- Earl grey, English breakfast, herbal teas, Rooibos & others
- Vegemite, Peanut butter, jams & marmalade
- Sweet soy sauce
- Vanilla essence
- Baking powder
- Vegan cocoa

FOR MORE INFORMATION ABOUT OUR WORK: www.seashepherd.org



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