

THE COVID-19 SOLIDARITY BOXES

BOLSTERING WELLBEING IN HOUSEHOLDS FACING FINANCIAL DIFFICULTIES

WHY?

The **COVID-19 SOLIDARITY BOXES** are being proposed as a form of emergency support for families in need during this challenging period. Their purpose is to provide a selection of basic goods to families who may have found themselves in serious financial difficulties unexpectedly, or whose financial insecurity has worsened due to the COVID-19 pandemic.

The **COVID-19 SOLIDARITY BOXES** are a complimentary initiative to the research studies which Caritas Malta has been conducting since 2012 and which focused on a **Minimum Essential Budget for a Decent Living (MEBDL)**. The list of contents of the COVID-19 SOLIDARITY BOXES and the indication of their cost are being presented as a guide to those who are involved in providing emergency assistance to vulnerable families within the context of COVID-19 and to any potential donors who wish to support the various related initiatives. The ultimate goal is to help ensure a basic level of sustenance and wellbeing for all families, even during these difficult times.


WHO?

Four different boxes are being proposed targeting different household compositions: **2 adults and 2 children; 2 adults, 1 child and 1 infant; 1 adult and 2 children; and 2 elderly people.**

WHAT?


The contents of the four boxes are intended to offer support to families to be able to produce basic meals and snacks for around 14 days. They also provide a selection of household care, personal care and school and craft-related materials for children also to last for around 14 days, or even longer in some cases. Principles of sustainable living were given due consideration whilst developing the contents of the boxes.

All the boxes incorporate non-perishable food items, as well as fresh vegetables and fruit which have a moderate to long shelf life (e.g. potatoes, onions, apples). The food provided will need to be augmented by fresh and other staple items in order to provide full, healthy meals to sustain the families. The boxes also include a variety of consumable and non-consumable household and personal care products (e.g. detergents, soap, toothpaste, face masks, plasters, pain relief tablets vs. toothbrush, digital thermometer). Feminine hygiene and elderly dental care have also been addressed. Considering the myriad expenses incurred when there is an infant in the household, a special baby and nursery package has been created (e.g. baby food, powdered milk, nappies, sterilising liquid). A few stationery and hobby items have also been included for households with children to help in any school work, or to keep the young ones entertained whilst being creative. (For more information see the Lists of Items in the Boxes.)







COVID-19 SOLIDARITY BOXES




COVERING THE BASICS*



- Food (non-perishable)
- Vegetables & Fruit (fresh)
- Cleaning & Laundry
- Personal Care
- Baby & Nursery
- Stationery & Hobby

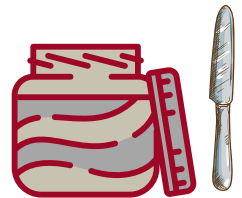
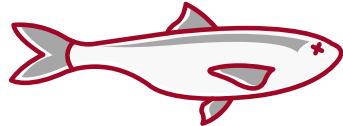
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COST PER BOX	
2 Adults & 2 Children €185.19 	2 Adults, 1 Child & 1 Infant €248.08 
1 Adult & 2 Children €165.03 	2 Elderly Couple €132.12 

Food, including Vegetables & Fruit (fresh) 	2 Adults, 1 Child & 1 Infant €83.40
Household & Personal Care 	2 Adults, 1 Child & 1 Infant €69.67
Baby, Stationery & Hobby 	2 Adults, 1 Child & 1 Infant €95.01

FOOD FOR HEALTH AND VERSATILITY

The food items in the boxes have been chosen to offer a variety of nutrients, whilst keeping in mind common dietary patterns, versatility and cost. Heavily processed foods have been kept to a minimum and fresh vegetables and fruits have been included as a rich source of energy-giving and protective nutrients. The combination of foods can be used to make pasta- or rice-based dishes, different soups, patties, salads, dips to accompany vegetables or galletti, spreads or fillings for breads, as well as simple snacks or desserts. By adding a selection of fresh and reasonably priced items, such as ricotta, yoghurt, eggs, chicken and seasonal vegetables and fruit, as well as some other staple ingredients, households can achieve a balanced set of meals for their family.



Beans and pulses are rich in protein, vitamin Bs, iron, potassium, phosphorus and magnesium and can be used in salads, soups, stews, patties, dips and muffins.

Sardines are rich in protein, vitamin Bs and vitamin D, calcium and omega-3 fatty acids and can be used in pasta sauces, dips, or mashed as a spread or filling for pitta bread or toast.

Oats are a good source of fibre, phosphorus, magnesium and zinc and can be used for breakfast bowls, to thicken soups, or to make oat bars or raisin balls as sweet snacks.

Peanut butter is a good source of protein, vitamin Bs, vitamin E, potassium, magnesium and healthier fats and can be used as a spread, or in sauces, smoothies, or sweet dishes.

SUSTAINABLE CLEANING AND LAUNDERING

Apart from regular cleaning or laundry materials, vinegar and bicarbonate of soda have been included in order to make home-made, more natural or less costly cleaning and disinfecting agents. Diluted with water, mixed with each other or with some dish-washing liquid or lemon juice, different solutions can be made for different surfaces and uses.

BICARBONATE OF SODA

- Odour neutraliser: Can be used to absorb odours from the air (e.g. inside fridge or shoe cupboard), to deodorise carpets and to eliminate perspiration odours and neutralise smell of chemicals in laundry.
- Non-abrasive cleaner: Can be used sprinkled on a damp sponge or cloth to gently clean kitchen counter tops, ovens, sinks and bathtubs.

VINEGAR

- Scale remover: Can be used to help remove scale build-up from hard water.
- Dirt remover: Can help dissolve greasy stains and tarnish from surfaces.
- Softener: Can be added to laundry as an alternative softener.
- Sanitiser: Can be used as a basic sanitiser (not effective against COVID-19): Pour 100ml white distilled vinegar into a spray bottle. Spray onto kitchen surfaces, refrigerator interior and taps. Leave for 10 minutes, then wipe with a clean paper towel.

BICARBONATE OF SODA and VINEGAR can be mixed with LEMON JUICE to make a cleaning paste for tiles and bathrooms.

HOW MUCH?

The different boxes vary in cost due to the choice of items which is based on the number of people in the household and their age. In some instances it was not logical or value for money to include a smaller sized item if there was only one adult in the household (e.g. packet cereal or lentils); in this case the item will last longer in that type of household. The box for households with an infant is the most costly due to various baby food and baby care expenses. One must point out that, despite its somewhat high price tag, a digital thermometer was deemed essential for all households; but it should last a few years if used well. Reusable face masks have also been included for each member of the household.

Items in Boxes	2 Adults & 2 Children	2 Adults, 1 Child & 1 Infant	1 Adult & 2 Children	2 Elderly People
Food, including Vegetables & Fruit (fruit)	€ 95.81	€ 83.40	€ 82.90	€ 73.29
Household & Personal Care	€ 71.92	€ 69.67	€ 64.67	€ 58.83
Baby, Stationery & Hobby	€ 17.46	€ 95.01	€ 17.46	n/a
Grand Total	€ 185.19	€ 248.08	€ 165.03	€ 132.12

COST OF ITEMS IN BOXES: % DISTRIBUTION

2 ADULTS & 2 CHILDREN

Household & Personal Care represent 38.8%, while Baby, Stationery & Hobby represent 9.5%

51.7%

Highest percentage is for Food, including Vegetables & Fruits

38.3%

Highest percentage is for Baby, Stationery & Hobby

2 ADULTS, 1 CHILD & 1 INFANT

Food, including Vegetables and Fruit represent 33.6%, while Household & Personal Care represent 28.1%.

1 ADULT & 2 CHILDREN

Household & Personal Care represent 39.2%, while Baby, Stationery & Hobby represent 10.6%

50.2%

Highest percentage is for Food, including Vegetables & Fruits

55.5%

Highest percentage is for Food, including Vegetables & Fruits

2 ELDERLY PEOPLE

Household & Personal Care represent 44.5%



2 Adults & 2 Children

LIST OF ITEMS IN BOX FOR 2 ADULTS & 2 CHILDREN

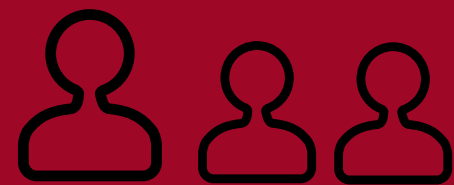
Non-Perishable Food	Quantity	Cleaning & Laundry	Quantity
Breakfast cereal plain - flakes, puffs etc.	1 large pkt.	Kitchen roll	1 pkt.
Porridge oats	1 med. pkt.	Sponges	1 pkt.
Long life milk	3x1 litre	Dish detergent	1 med.
Orange juice 100% (no sugar added)	1x2 litre	Garbage bags, organic waste	1 roll (20-25)
Canned tuna	4 large	Garbage bags, recyclable waste	1 roll (20-25)
Canned sardines	1 tin	Garbage bags, black	1 roll (20-25)
Canned sweetcorn	3 small	Laundry detergent	1 med.
Canned chickpeas	1 tin	Bleach	1 large
Canned baked beans	1 large	Bicarbonate of soda	1 large pkt.
Canned butter beans	1 large	White vinegar	1x5 litre
Canned peas	4 small		
Canned corned beef (low fat, low salt)	2 small		
Canned peaches	2 large	Personal Care	Quantity
Canned whole tomatoes	1 large	Soap/handwashing liquid	1 med.
Tomato pasta sauce	1 large	Shower gel	1 med.
Canned tomato puree (low salt)	1 large	Toothpaste	1 large
Packet soup pulses mix	1 pkt.	Toothbrush	4
Packet lentils	1 pkt.	Toilet paper	1 pkt. x10
Packet pasta (pref. wholegrain)	2x500g	Sanitary pads	1 pkt. x16
Packet spaghetti (pref. wholegrain)	2x500g	Plasters	1 box
Packet tortellini	1x500g	Aspirin	1 box
Packet rice (wholegrain)	1x500g	Digital thermometer	1
Packet galletti (plain)	2 small	Face masks	4
Packet galletti (wholemeal)	2 small		
Packet blancmange powder (3 assorted)	1 pkt.	Stationery & Hobby	Quantity
Peanut butter	1 jar	Pencil/sharpener/rubber/ruler	1 pkt.
Olive oil	1x500ml	Glue	1 small
Salad cream (pref. low fat)	1x500ml	Colour pencils	1 set x12
Sesame seeds	1 container	Colour pens	1 set x12
Honey	1 small	Basic water colour paints set	1 box (x12 paints)
Raisins	1 pkt.	Paintbrushes	1 pkt.
Teabags	1 pkt. x120		
Coffee	1 med. jar		
Pitta bread	1 pkt. x 6		
Fresh Vegetables & Fruit (which store well)	Quantity		
Onions	2kg		
Garlic	3 to 4		
Potatoes	2.5kg		
Carrots	1kg		
Apples	2kg		
Oranges	2kg		
Lemons	2		



2 Adults, 1 Child & 1 Infant

LIST OF ITEMS IN BOX FOR 2 ADULTS, 1 CHILD & 1 INFANT

Non-Perishable Food	Quantity	Cleaning & Laundry	Quantity
Breakfast cereal plain - flakes, puffs etc.	1 large pkt.	Kitchen roll	1 pkt.
Porridge oats	1 med. pkt.	Sponges	1 pkt.
Long life milk	3x1 litre	Dish detergent	1 med.
Orange juice 100% (no sugar added)	1x2 litre	Garbage bags, organic waste	1 roll (20-25)
Canned tuna	2 large	Garbage bags, recyclable waste	1 roll (20-25)
Canned sardines	1 tin	Garbage bags, black	1 roll (20-25)
Canned sweetcorn	3 small	Laundry detergent	1 med.
Canned chickpeas	1 tin	Bleach	1 large
Canned baked beans	1 large	Bicarbonate of soda	1 large pkt.
Canned butter beans	1 large	White vinegar	1x5 litre
Canned peas	4 small		
Canned corned beef (low fat, low salt)	2 small		
Canned peaches	1 large	Personal Care	Quantity
Canned whole tomatoes	1 large	Soap/handwashing liquid	1 med.
Tomato pasta sauce	1 large	Shower gel	1 med.
Canned tomato puree (low salt)	1 large	Toothpaste	1 large
Packet soup pulses mix	1 pkt.	Toothbrush	3
Packet lentils	1 pkt.	Toilet paper	1 pkt. x10
Packet pasta (pref. wholegrain)	1x500g	Sanitary pads	1 pkt. x16
Packet spaghetti (pref. wholegrain)	1x500g	Plasters	1 box
Packet tortellini	1x500g	Aspirin	1 box
Packet rice (wholegrain)	1x500g	Digital thermometer	1
Packet galletti (plain)	2 small	Face masks	4
Packet galletti (wholemeal)	2 small		
Packet blanchmange powder (3 assorted)	1 pkt.	Stationery & Hobby	Quantity
Peanut butter	1 jar	Pencil/sharpener/rubber/ruler	1 pkt.
Olive oil	1x500ml	Glue	1 small
Salad cream (pref. low fat)	1x500ml	Colour pencils	1 set x12
Sesame seeds	1 container	Colour pens	1 set x12
Honey	1 small	Basic water colour paints set	1 box (x12 paints)
Raisins	1 pkt.	Paintbrushes	1 pkt.
Teabags	1 pkt. x120		
Coffee	1 med. jar		
Pitta bread	1 pkt. x 6		
Fresh Vegetables & Fruit (which store well)	Quantity	Baby & Nursery	Quantity
Onions	1kg	Powdered milk	2 tins x 500ml
Garlic	2 to 3	Baby food	16 jars
Potatoes	2kg	Baby biscuits	1 pkt.
Carrots	1kg	Sterilising liquid	500ml
Apples	2kg	Baby wash	1 med.
Oranges	1kg	Baby shampoo	1 med.
Lemons	2	Baby sponges	2
		Skin moisturiser	1 jar
		Nappies	1 pkt. x 42
		Wipes	1 pkt. x 72
		Nappy rash cream	1 tube
		Teething gel	1 tube
		Paracetamol for infants	1 bottle
		Saline solution	1 med.
		Laundry stain remover	1 med.



1 Adult & 2 Children

LIST OF ITEMS IN BOX FOR 1 ADULT & 2 CHILDREN

Non-Perishable Food	Quantity	Cleaning & Laundry	Quantity
Breakfast cereal plain - flakes, puffs etc.	1 large pkt.	Kitchen roll	1 pkt.
Porridge oats	1 med. pkt.	Sponges	1 pkt.
Long life milk	3x1 litre	Dish detergent	1 med.
Orange juice 100% (no sugar added)	1x2 litre	Garbage bags, organic waste	1 roll (20-25)
Canned tuna	2 large	Garbage bags, recyclable waste	1 roll (20-25)
Canned sardines	1 tin	Garbage bags, black	1 roll (20-25)
Canned sweetcorn	3 small	Laundry detergent	1 med.
Canned chickpeas	1 tin	Bleach	1 large
Canned baked beans	1 large	Bicarbonate of soda	1 large pkt.
Canned butter beans	1 large	White vinegar	1x5 litre
Canned peas	4 small		
Canned corned beef (low fat, low salt)	2 small		
Canned peaches	2 large	Personal Care	Quantity
Canned whole tomatoes	1 large	Soap/handwashing liquid	1 med.
Tomato pasta sauce	1 large	Shower gel	1 med.
Canned tomato puree (low salt)	1 large	Toothpaste	1 large
Packet soup pulses mix	1 pkt.	Toothbrush	3
Packet lentils	1 pkt.	Toilet paper	1 pkt. x10
Packet pasta (pref. wholegrain)	1x500g	Sanitary pads	1 pkt. x16
Packet spaghetti (pref. wholegrain)	1x500g	Plasters	1 box
Packet tortellini	1x500g	Aspirin	1 box
Packet rice (wholegrain)	1x500g	Digital thermometer	1
Packet galletti (plain)	2 small	Face masks	3
Packet galletti (wholemeal)	1 small		
Packet blancmange powder (3 assorted)	1 pkt.	Stationery & Hobby	Quantity
Peanut butter	1 jar	Pencil/sharpener/rubber/ruler	1 pkt.
Olive oil	1x500ml	Glue	1 small
Salad cream (pref. low fat)	1x500ml	Colour pencils	1 set x12
Sesame seeds	1 container	Colour pens	1 set x12
Honey	1 small	Basic water colour paints set	1 box (x12 paints)
Raisins	1 pkt.	Paintbrushes	1 pkt.
Teabags	1 pkt. x120		
Coffee	1 med. jar		
Pitta bread	1 pkt. x 6		
Fresh Vegetables and Fruit (which store well)	Quantity		
Onions	1kg		
Garlic	2 to 3		
Potatoes	2kg		
Carrots	1kg		
Apples	2kg		
Oranges	1kg		
Lemons	2		



2 Elderly People

LIST OF ITEMS IN BOX FOR 2 ELDERLY PEOPLE

Non-Perishable Food	Quantity		Cleaning & Laundry	Quantity
Breakfast cereal wholemeal	1 med. pkt.		Kitchen roll	1 pkt.
Long life milk	2x1 litre		Sponges	1 pkt.
Orange juice 100% (no sugar added)	1x2 litre		Dish detergent	1 med.
Canned tuna	2 large		Garbage bags, organic waste	1 roll (20-25)
Canned sardines	1 tin		Garbage bags, recyclable waste	1 roll (20-25)
Canned chickpeas	1 tin		Garbage bags, black	1 roll (20-25)
Canned baked beans	1 large		Laundry detergent	1 med.
Canned butter beans	1 large		Bleach	1 large
Canned peas	4 small		Bicarbonate of soda	1 large pkt.
Canned corned beef (low fat, low salt)	2 small		White vinegar	1x5 litre
Canned peaches	2 large			
Canned whole tomatoes	2 large			
Canned tomato puree (low salt)	1 large		Personal Care	Quantity
Packet soup pulses mix	2 pkts.		Soap/handwashing liquid	1 med.
Packet pasta (pref. wholegrain)	1x500g		Shower gel	1 med.
Packet spaghetti (pref. wholegrain)	1x500g		Toothpaste	1 large
Packet broth pasta	1 pkt.		Toothbrush	2
Packet rice (wholegrain)	1x500g		Denture tablets	1 pkt.
Packet galletti (plain)	1 small		Toilet paper	1 pkt. x10
Packet galletti (wholemeal)	1 small		Plasters	1 box
Packet blancmange powder (3 assorted)	1 pkt.		Aspirin	1 box
Jam (low sugar)	1 jar		Digital thermometer	1
Olive oil	1x500ml		Face masks	2
Salad cream (pref. low fat)	1x500ml			
Sesame seeds	1 container			
Peanuts in shell	1 pkt.			
Honey	1 small			
Teabags	1 pkt. x120			
Coffee	1 med. jar			
Fresh Vegetables and Fruit (which store well)	Quantity			
Onions	2kg			
Garlic	3 to 4			
Potatoes	1.5kg			
Carrots	1kg			
Apples	1kg			
Oranges	1kg			
Lemons	2			

CALL FOR ACTION

Through the SOLIDARITY BOXES initiative, its various ongoing activities, and in collaboration with other entities, Caritas will continue in its mission to safeguard the wellbeing and human dignity of those who are most vulnerable.

Individuals, families and organisations are encouraged to support those around them who are hardest hit and to support entities engaged in assisting those who are struggling.

You may also wish to donate towards the provision of SOLIDARITY BOXES and to support the Caritas Covid-19 Emergency Response.

**Please contact Caritas Malta
on help@caritasmalta.org**

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 **caritasmalta.org**



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