

Dry Groceries

Rice 2kg
Pasta 500g
Flour 1or 2kg
Maize Meal
Samp / Lentils
Cereal
Wheat-Bix /Oats
Sugar
Salt
Soya mince
Powdered milk
Peanut butter
Cooking Oil 350ml

Tinned Foods

Tinned Beans –
(variety)
Tomato & Onion
Mix/ Braai relish
Corned Meat
Tinned Fish
Tomato Puree
Mixed Vegetables

Toiletries

Bath Soap
Toothpaste
Toothbrush
Body creme
Female sanitary
pads
Deodorant
Shampoos

Cleaning Agents

Dishwash Liquid
Handy Andy
Washing Powder