

Food parcels grocery list

1kg Rice
1kg mealie meals
1 kg flour
750g cooking oil
Noodles
Tin fish
Baked beans
Canned peas
Canned corn
Bull brand
Spaghetti
Macaroni
Tomato sauce (any)
Mayonnaise
Chutney
Knorr soup (variety)
Rooibos and five roses tea bags
Small Sugars
Peanut butter
Jam
Milo
Ricoffy/Frisco coffee
Small powder milk (Cremora, Ellis Brown, Klim etc)
Rusks
Jungle energy bars

Toiletries

Bath soap (variety)
Toothpaste (any)
Toothbrushes
Body lotion (variety)
Vaseline
Roll-on (variety)
Face cloths