

# Grocery List



## Non-perishables

- maize meal
- oil
- peanut butter
- long life milk
- jam
- tea/coffee
- sugar (brown)
- rice
- instant porridge
- oats
- weetbix
- herbs/spices
- popcorn seeds
- macaroni
- cornflakes
- fruit juice
- 2 minute noodles
- custard
- jelly
- biscuits
- mabele porridge
- movite
- gravy powder
- pilchard fish
- baked beans

## Perishables

- yogurt
- cheese
- polony
- viennas
- eggs
- mince
- chicken
- stewing meat
- chicken livers
- hake
- frozen pizza
- burger patties
- sausage rolls
- fruit
- salad ingredients
- mixed vegetables
- potatoes
- carrots
- spinach
- muffins
- bread

## Clothing/Linen

- boys age 3-6
- girls age 3-13
- shoes
- towels
- face cloths
- bed linen

## Shopping vouchers

- any grocery store voucher
- Makro/Cash & Carry
- hardware stores
- any clothing store

## Toiletries

- toothpaste
- toothbrush
- shampoo
- conditioner
- soap
- washing powder
- dishwashing liquid
- furniture polish
- all purpose cleaner
- window cleaner
- air freshener
- toilet paper
- Savlon/Dettol
- sanitary pads
- tissues

## Stationary

- A4 paper for printing
- cartridge for printer
- scissors
- glue sticks
- prestik
- hardcovered books
- cellophane

**for more information, contact:**

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