



Join The Food Hamper Drive

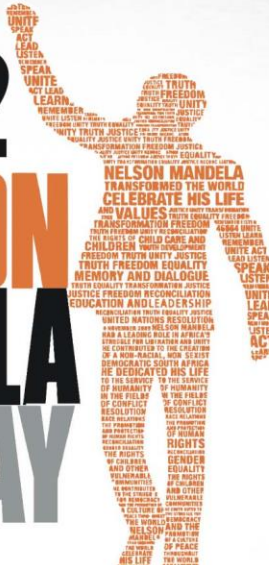


Meals on Wheels
Community Services
South Africa



2022
**NELSON
MANDELA
DAY**

Meals on Wheels
Community Services
DONATIONS - NOT FOR SALE
FIGHTING HUNGER IN SOUTH AFRICA
www.mealsonwheels.org.za



FOOD HAMPER

Options

R350.00 HAMPER

2.5kg Maize Meal
750 litre Cooking Oil
2 x Pilchards
2 x 500g Soya Mince
2kg Brown Sugar
100's Teabags

R500.00 HAMPER

5kg Maize Meal
2L cooking oil
2 x Pilchards
2 x 500g Soya Mince
2kg Speckled beans
2x 500g Brown lentils
1 x 500g Salt
2kg Brown Sugar
100's Teabags

R650.00 HAMPER

5kg Maize Meal
5kg Samp
2L cooking oil
2 x Pilchards
2 x 500g Soya Mince
2kg Speckled beans
2x 500g Brown lentils
1 x 500g Salt
2kg Brown Sugar
100's Teabags

R1 700.00 HAMPER

10kg Mealie Meal
5kg Rice / Samp
4x 410g Pilchards
4x 410g Baked Beans
2kg Speckled beans
2x 500g Brown lentils
1x 500g Soup mix
1x 2l Cooking oil
1x 2kg Brown Sugar
2x 750g Teabags
1x 500g Peanut Butter
1x 1kg Instant Porridge
1x 1kg Salt
1x 1kg Green Bar Soap
1x 10s Pads
1x 1l Juice Concentrate
3kg Onions
3kg Butternut
3kg Potatoes



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