

Care Ministry Insert

For many years the Care Ministry has been running the "Grocery Cupboard." A concept by which donations of groceries with a shelf life, toiletries and cleaning products are donated and the donated items are then made available to those who need a little help in getting through each month.

We have many needy people in our congregation, and we would like to help them in any way possible.

By supporting the grocery cupboard concept, everyone can help; even if you have a limited budget yourself.

When you do your shopping, you can add some extra items in your cart.

You can decide how many items and how much you want to spend,

No donation is too small.

Donated items can be placed in the basket provided, or ask the door stewards for assistance.

This is an ongoing requirement; please continue to support this worthy cause

SHOPPING LIST

Items in need / short supply:

- Oats
 - Sugar
 - Soup (packets / cup of soup)
 - Long life milk
 - Canned fish / meat
 - Pap (maize meal)
 - Biscuits / dry salty crackers
- Rice
 - Pasta

Other items needed:

- Tea
 - Cereals
 - Oil
 - Instant noodles
 - Canned foods
 - Canned fruits
 - Soup (tins)
 - Jam / honey / spreads / syrup
 - Peanut butter
 - Sauces and Condiments
 - Mayonnaise
- Coffee
 - Flour
- Dish washing liquid
 - Washing powder: hand or auto
 - Laundry soap
 - Toothpaste
 - Bath soap
 - Cleaning products

When purchasing goods with an expiry date; please check the date.

Thank you for your support