

7 DEVILLIERS AVENUE
TERENURE
KEMPTON PARK
1619

CASA CARITAS

Home for handicapped people

Fundraising Number:
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FOOD & GROCERIES

Our residents require nutritious meals and snacks throughout the month. Regular donations of groceries help us keep our kitchen stocked and ensure that we can continue providing meals every day.

Monthly Grocery Requirements

Item	Approx. Monthly Requirement
All-Bran Flakes.....	5x500 g
Bisto	2.5 kg
Butter	36 blocks
Bully Beef	90 cans
Cake Flour	5 kg
Cheese.....	5 kg
Chips / Cheese Curls / Flings	85 packs
Coffee.....	4.5 kg
Cooking Oil.....	7.5 L
Cream Crackers	15 packets
Custard Powder.....	4 kg
Instant Pudding.....	50 packets
Jam	3.75 kg
Jelly.....	115 boxes
Macaroni	20 kg
Maize Meal.....	45 kg
Maltabella	36 kg
Milo / Hot Chocolate.....	3 kg
Oats	20 kg
Onion & Tomato Mix.....	20 cans
Peanut Butter.....	5 kg
Pilchards.....	70 cans
Pronutro / Morvite.....	20 kg
Rice.....	45 kg
Rooibos Tea.....	540 bags
Sago.....	20 packets
Salt.....	5 kg
Samp	20 kg
Spaghetti	20 kg
Sugar	100 kg
Tea.....	880 bags
Weet-Bix.....	5 x 500g

Item	Approx. Monthly Requirement
Chicken	50 kg
Mince.....	35 kg
Other meat.....	Regular donations welcome

Fresh Fruit & Vegetables

Beetroot	2 bags
Carrots.....	28 kg
Fresh Fruit	Regular donations welcome
Gem Squash	6 bags
Green Beans – cut	10 kg
Mixed Vegetables – Fine cut.....	10 kg
Potatoes	8 bags
Pumpkin	30 kg
Soup Mix.....	15 kg
Spinach	30 kg
Sweet Potatoes	20 kg