

Feeding our Oasis family this Christmas.



FOOD PARCEL APPEAL 2022

400
FOOD PARCELS



Give a little. Help a lot!

Dear Oasis family,

Your generosity for our food parcel campaign at the end of 2021 helped to care for, nourish, and encourage 400 of our beneficiaries' households.

Many of us are still bouncing back economically from 2020 and 2021 and Oasis has been incredibly fortunate to be supported by generous friends and supporters – thank you so much.

Now in our 14th year of food parcels, this year we are aiming to give 400 beneficiaries with intellectual disabilities, the gift of food, nourishment, and care.

One parcel costs approximately R670, almost 12% up on last years prices.

We aim with your help to fill as many parcels as possible between now and Christmas closure.

You don't need to contribute an entire parcel, any amount or item is greatly appreciated.

Each parcel will hold nourishing, low-cost food, health and hygiene items, as well as a few treats.

Every rand, every tin of baked beans, or packet of rice donated helps us put together a food parcel. We hope that you will assist us in gifting our beneficiaries and their families, by supporting our appeal and sharing this message with your family, friends, colleagues and neighborhood groups.

Thank you to all who can assist.

Kind regards

Gail Bester

Executive Director | 021 671 2698 | www.oasis.org.za

VIA SNAPSCAN

 SnapScan



VIA EFT

Oasis Association
FNB Claremont
Acc no: 59371797078
Branch code: 200109
Please email your POP
to donor@oasis.org.za

VIA DROP OFF

For all food item donations, we have set up a collection point at the Recycling drop-off (Cnr Lee and Imam Haron Roads, Claremont)

CASH DONATIONS

Can be dropped off at our Claremont Oasis Book + Bric-a-Brac Shops. Cashiers will ring up your donation under "food parcels"

EMAIL US

donor@oasis.org.za

Please stipulate **FOOD PARCEL** on any donation.

If you require a Section 18A tax receipt please include your NAME and CONTACT DETAILS

Find us at Cnr Lee Road and Imam Haron Road (formerly Landsdowne Road), Claremont

Operating hours Weekdays 08h30 - 15h30, Saturday: 09h00 - 13h00 (excluding public holidays)

Phone us 021 671 2698 | www.oasis.org.za | Email the Donor Manager donor@oasis.org.za

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FOOD PARCEL LIST 2022

400
FOOD PARCELS



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We are hoping to include the following in the food parcels for our beneficiaries with intellectual disabilities and their families.

Quantity	Packaging	Item
x2	400g	Peanut Butter
x1	150g	Biscuits
x1	1L	Fusion/Mix a Drink 1L
x1	900g	Jam
x2	80g	Jelly
x3	1L	Long life milk
x2	500g	Macaroni/Spaghetti
x1	2kg	Rice
x2	400g	Tomato Onion Mix/Peeled
x1	125g	Sweets
x1	2,5kg	Sugar
x1	100's	Tea
x4	400g	Tinned Baked Beans
x2	400g	Tinned fish (pilchards)
x2	400g	Tinned Peas
x2	50g	Tomato Paste
x2	45g	Royco Soup Powder
x2	20g	Stock Cubes
x1	750ml	Sunflower Oil
x3	10g	Yeast
x1	2,5kg	Maize Meal
x1	1kg	Cake Flour
x1	385g	Nestle Condensed Milk
x2	500g	Sugar Beans
x2	500g	Lentils

Quantity	Packaging	Toiletries
x2	100g	Bath Soap
x1	250/300g	Washing Powder
x1	750ml	Bleach/Jik
x1	100ml	Toothpaste
x1	750ml	All Purpose Cleaner
x1	750ml	Dishwashing Liquid

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