



FOOD PARCELS 2026

Our target is

400

FOOD
PARCELS



**Donate an item or contribute towards
a Christmas Food Parcel for an
Oasis Beneficiary with Intellectual Disability.**

**We are hoping to include the following
items in the 2026 Food Parcels.**

Peanut butter	Tomato paste	Biscuits
Baked beans	Long-life milk	Sweets
Pilchards	Sugar	Packets of jelly
Dry beans or lentils	Teabags	Cordial
Pasta or samp	Cooking oil	Soap
Rice	Beef packet soup	Toothpaste
Maize meal	Stock cubes	Household cleaner
Flour	Yeast	Dishwashing liquid
Tinned mixed vegetables	Apricot jam	Washing powder
Tinned tomato and onion		

And the best part?

**You don't need to fund
a whole food parcel to help.**

**Every small contribution
is greatly appreciated!**



**THE VALUE
OF EACH
FOOD PARCEL
IS R700**

WAYS TO CONTRIBUTE

VIA SNAPSCAN

SnapScan



K5ssuclR

VIA EFT

Oasis Association

FNB Claremont

Acc no: 59371797078

Branch code: 200109

Please email your POP

to accounts2@oasis.org.za

VIA DROP OFF AT OASIS

For all food item donations, we have set up a collection point at the Claremont recycling and donations drop off.

Food items can be dropped off at any Oasis Charity Shops – Claremont, Fish Hoek and Elsie's River.

CASH DONATIONS

Can be dropped off at any of our Oasis Charity Shops – Claremont, Fish Hoek and Elsie's River. Cashiers will ring up your donation under "food parcels".

EMAIL PROOF OF PAYMENT

accounts2@oasis.org.za

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

If you require an 18A tax receipt, please email us and we will send you the details required by SARS, for your receipt.

Oasis Charity Shop Claremont Cnr Lee Road and Imam Haron Road (formerly Lansdowne Road)

Oasis Charity Shop Fish Hoek Shop No. 4, Somerset House, 6 Recreation Road

Oasis Charity Shop Elsie's River 16th Street & 8th Avenue, Elsie's River

Phone us 021 671 2698 | www.oasis.org.za | Email us accounts2@oasis.org.za