

HOLAH wish list

BABY CONSUMABLES

- Corn Flakes, Weetbix, Inyala Instant Maize Chocolate Future Life
- Fresh fruit (apples, bananas, pears, oranges)
- Fresh vegetables (potatoes, sweet potatoes, carrots, butternut, onion, spinach)
- Snacks (chips, soft sweets, dried fruit, popcorn, biscuits)
- Yoghurt, Long-life milk
- Squeeze juice
- Meat (Chicken, mince, stewing meat, fish fingers, sausages, vienna's)
- Frozen veg, frozen oven chips
- Canned foods — baked beans, pilchards, tuna
- Rice, Maize meal, Samp, Beans, Spaghetti, Macaroni, 2min Noodles
- Cooking Oil, Tomato sauce, salt,

CLEANING

- Washing powder
- Sunlight
- Black bags
- Handy Andy
- Pine Gel
- Bleach
- Medical disposable gloves
- Sanitizer

TOILETRIES

- Nappies pampers size 5,6, 7.
- Adult diapers size small (straps)
- Bubble bath
- Toilet paper
- Toddler toothpaste
- Wet wipes
- Bath soap
- Vaseline

MEDICINE

- Calpol
- Allergex
- Cough syrup
- Panado
- Kids multivitamin

MONTHLY RUNNING COSTS

- Rent
- Water and lights
- Staff salary
- Phone and internet
- Security
- Speech Therapy
- Physio therapist
- Medical costs

Please support our charity shop — **Charity Hop shop** 38 David Drive, The Plane Tree, Unit 3, Waterfall. We accept any donations that are in good working order and can collect from you.



FINANCIAL DONATIONS

Likhona Ithemba — FNB — Durban North
Branch Code- 220426 — Account Number: 62396663918
Reference — Your Name



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