

## Food Packs

If you're making up packs, each one should please contain:

- Samp
- Rice
- Beans/Lentils/Peas
- Mielie meal
- Long life milk
- Peanut butter
- Pilchards

You're also welcome to donate any of the items, and we will make up food packs.

Please contact [info@friendsofkdh.org.za](mailto:info@friendsofkdh.org.za) or 060 9451957 to arrange drop off.