

Nokuphila School wish list

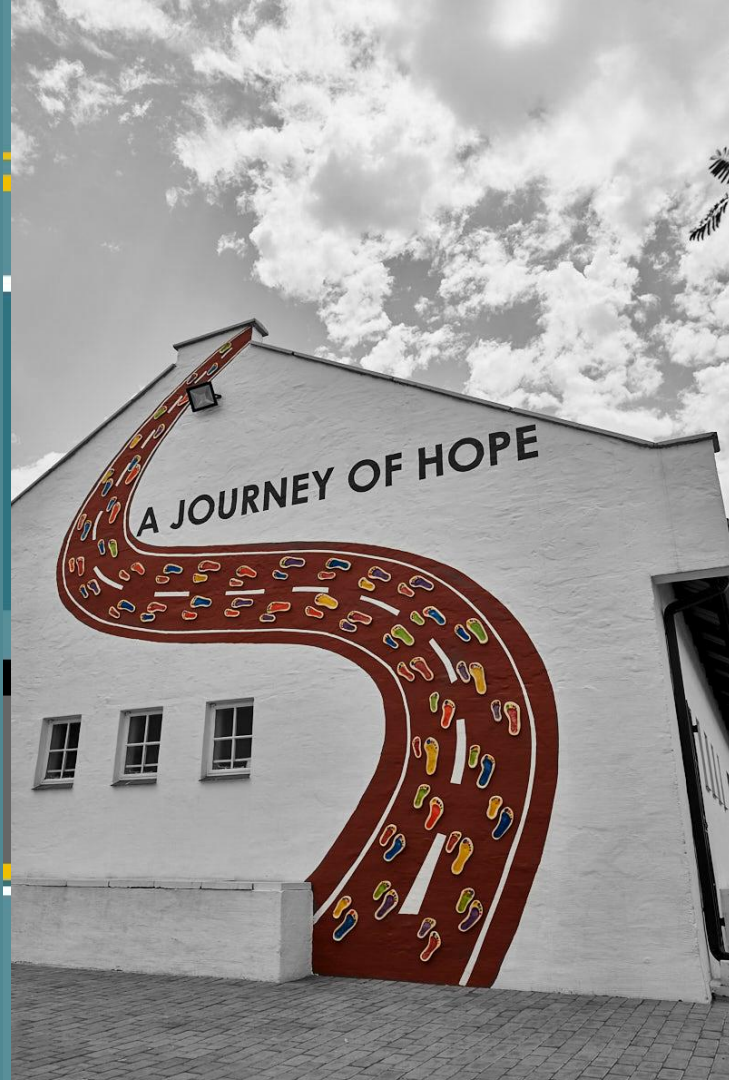
We are always grateful for support that brings relief for our children and families

We have 37 families dependent on us for food relief. We welcome donations of **non-perishables**. **Contents of one food parcel for one family per month includes:**

- 2 kg Maize Meal
- 2 kg Rice
- 2 kg Sugar
- Tea – 100 bags
- Salt – medium packet
- 2 cans Pilchards
- 2 cans Baked Beans
- 2 cans mixed vegetables
- 1 kg Pasta; 500ml Oil
- 2 kg Samp and beans; Soup powder
- 1 kg Washing powder
- Soap
- Toothpaste
- Face cloths

Children's clothes

Our learners come from homes rife with poverty and unemployment, help us give them dignity by blessing them with children's clothes. They need summer and winter wear, school shoes and sports sneakers. Sizes are for boys and girls age 1 – 8 and ages 9 – 15



Nokuphila School wish list

Organic Vegetable Patch

Our children are learning to grow vegetables in our very own organic vegetable patch. They discover and understand the natural growth of plants from seeds to sprouts to flowers to fruits.

Join us with your donations of

- Garden tools
- Starter seedlings
- Organic fertiliser / compost

Feminine hygiene products

Often girl learners miss school during their menstrual cycle as they don't have the hygiene products required. It is a tragedy to have them fall behind in their schoolwork. Help us help them by donating:

- Sanitary towels
- Deodorant
- Soap
- Facecloths

