



FORWARD SA

Securing quality food. Nourishing lives.

COVID-19 SPECIAL APPEAL GROCERY LIST OF NEEDS

Non-Perishable Grocery Items
1. Rice
2. Maize Meal
3. Spaghetti
4. Samp and Beans
5. Soup Mix
6. Lentils
7. Pilchards
8. Tuna
9. Long Life Milk
10. Oats
11. Jam
12. Peanut Butter
13. Cooking Oil
14. Sugar
15. Salt

Non-Food Grocery Items
1. Hand Sanitizer
2. Soap
3. Dettol
4. Wipes
5. Sanitary Towels
6. Rubbing Alcohol
7. Vitamin C