



# PHAROS GROCERY LIST

## TINNED FOOD:

Pilchards and Tuna  
Curried fish  
Bully-beef & *Meatballs*  
Mixed vegetables  
Peas, Mielies  
Green beans  
Spaghetti in Tomato sauce  
Tomato and Onion mix  
Soup  
Canned fruit

## PASTA and SOUP

Macaroni en Spaghetti  
Pasta Sauce  
Meal maker  
Soya Mince: Vita Mince, Imana of Knorrox  
Soup (packet)  
Cup-a-soup  
Soup mix, Split Peas  
Samp and Beans  
*2 Min Noodles*  
Chicken & Beef Stock

## CEREAL

Oats, Weet-bix, Post Toasties, All bran,  
Nutrifix, Rice Crispies en ACE Maize Meal.  
Maize meal (Super Sun) 1kg & 2,5kg

## SANDWICH SPREADS

Bovril, Oxo, Marmite  
Golden syrup,  
Jam  
Peanut butter

## HOUSEHOLD DETERGENTS

1kg Washing powder & Sta soft  
Handy Andy, Bleach  
Dishwashing liquid  
Dishcloths + Terry check swabs

## TOILETRIES

Body soap  
Toilet paper  
Shampoo and conditioner  
Body lotion, Vaseline  
Toothpaste, Toothbrushes  
Tissues (men and ladies)  
Deodorant (men and ladies)  
Disposable razors  
Shaving cream  
Sanitary pads and tampons  
Air freshener  
Sunlight soap (pink)

## OTHER

Sugar, Coffee (100g & 250g)  
Tea  
Milk (long life), Milk powder  
Condensed milk  
Rice, Smash  
Flour  
Oil, Vinegar  
Salads  
Rusks  
Tomato sause, Worcester sause  
Mayonnaise  
Biscuits  
Jelly, Custard, Instand pudding  
Baking powder  
Fruit juice



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