



WHAT IS THE LOAVES & FISHES PROJECT?

The Pringle Bay United Church has been assisting local families and individuals in need with monthly food parcels since 2020. This is made possible by the generous and continued support of the kind-hearted people of Pringle Bay, as well as some of the local shops. Take a look at www.pbuc.org.za

What can you do to help?

- A donation of groceries – see list below. Drop-off points are at the church and the Mini Mart.
- Supplying empty containers to assist with the redistribution of goods bought in bulk
- A financial contribution to the Loaves & Fishes Fund – contact us for the bank details

Suggested items:

- Rice Oats
- Maize Meal (meliemeel) Pasta
- Pasta Sauce Oil
- Sugar Tea Coffee
- Peanut Butter Jam
- Eggs
- Legumes (dried beans, lentils, split peas, soup mix, etc.) Tinned Food (Beans, Meat, Fish, Tomato & Onion, etc.) Long-life Milk
- Soup Packets Cereal

Empty containers will be welcomed. We can use clean Ziplock bags, empty egg boxes that can close, 1kg yoghurt tubs with lids, strong medium sized boxes and glass containers with lids.

Any fresh produce, such as meat, fruit, vegetables, margarine, potatoes & onions can be collected. You are welcome to contact Christel at 082 212 5054 should you have any queries.

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