



KOSSAK PROJEK

Midstream College Primêre Skool
reik uit na gesinne in nood deur
basiese nie-bederfbare voedsel
en ander huishoudelike items te
voorsien.

Tesame met KSM wil ons optimaal
en effektief voedsel na gesinne in
nood versprei.

Kossakke word maandeliks deur
gesinne gevul en by die skool
afgelewer, waarna dit aan KSM
oorhandig word vir verspreiding.

VOORGESKREWE INHOUD

Materiaal drasak
Tee (26 sakkies) of koffie (100 g)
Suiker (500 g)
Wit meliemeel (2,5 kg)
Macaroni (500 g) of spaghetti (500 g)
2-Minute Noodles (2 pakkies van 73 g)
Rys (500 g)
Soja-maalvleis (200 g)
Blikkie sardyne (400 g) of tuna (170 g)
Blikkie baked beans (410 g)
Blikkie gemengde groente (410 g)
Blikkie boeliebeef (300 g)
Sop (2 pakkies van 50 g - enige geur)
Grondboontjebotter (410 g)
Poeiermelk (500 g - geen mengsels)
Tandepasta - enige geur (75 ml)
Pakkie soetkoekies (90 g)

Die waarde van die kossak beloop
ongeveer R275-R300.

DATUMS VIR INHANDIGING VAN KOSSAKKE

24 Feb. | 24 Mrt. | 28 Apr. | 26 Mei | 23 Jun.
28 Jul. | 25 Aug. | 22 Sep. | 27 Okt.

Indien jy verkies om 'n kossak te borg,
kan jy 'n direkte bydrae maak aan:
kerksondermure
Absa Centurion
Takkode: 632005
Tjekrekening: 28 905 800 95
Verwysing: Kossakprojek

*Dankie vir jou bydrae,
dit verander lewens.*

WIE OM TE KONTAK:

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FOOD BAG PROJECT

Midstream College Primary School reaches out to families in need by providing basic non-perishable food and other household items.

Through partnering with KSM, we would like to optimally and effectively provide as much non-perishable food as possible to families in need.

Food bags get filled by families on a monthly basis and dropped off at the school, and are then handed over to KSM for distribution.

PRESCRIBED CONTENT

Material carry bag
Tea (26 sachets) or coffee (100 g)
Sugar (500g)
White maize meal (2,5 kg)
Macaroni (500g) or spaghetti (500 g)
2-Minute Noodles (2 packets of 73 g)
Rice (500 g)
Soya mince (200 g)
Canned sardines (400g) or tuna (170 g)
Canned baked beans (410 g)
Canned mixed vegetables (410 g)
Canned bully beef (300 g)
Soup (2 packets of 50 g - any flavour)
Peanut butter (410 g)
Powdered milk (500 g - no blends)
Toothpaste - any flavour (75 ml)
Packet sweet biscuits (90 g)

The value of the food bag is approximately R275-R300.

DATES FOR HANDING IN FOOD BAGS

24 Feb. | 24 Mar. | 28 Apr. | 26 May | 23 Jun.
28 Jul. | 25 Aug. | 22 Sep. | 27 Oct.

If you prefer to sponsor a foodbag, you can make a direct contribution to:
kerksondermure
Absa Centurion
Branch: 632005
Account No.: 28 905 800 95
Reference: Foodbag Project

*Thank you for your
life changing contribution.*

WHO TO CONTACT:

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