



# Manna Groceries

Cape Town

15 June, 2026

Basic Hamper

Get this hamper today!

Name	Quantity
100ml Colgate	1
1kg Cremora Powdered Milk	1
1kg Fine Salt	1
1kg Green Laundry Bar	3
250ml Vaseline	1
2kg Brown Sugar	2
2kg Self-Raising Flour	2
2kg Washing Powder	1
2kg White Rice	2
2l Cooking Oil	2
300g Bathing Soap	3
500g Sugar Beans	2
500g Tea Leaves	1