

Help feed someone who is hungry this



Here are some things that we need:

Household

Washing up liquid
Dishwasher tablets
Washing powder
Kitchen foil / cling film
Cleaning products
Disinfectant spray
Scourers / cloths
Air freshener

Toiletries

Spray deodorant
(male and female)
Shower gel /
body wash
Shaving gel / foam
Razors
Shampoo
Conditioner
Moisturiser
Pump soaps
Brushes
Combs

Beverages

Coffee
Tea
Long life milk
Instant hot chocolate
Fruit squash
Large cartons long life
fruit juice
Cans fizzy drinks
Individual cartons fruit
juice / soft drink
Small bottles water

Groceries

Sugar
Individual chocolate
bars / biscuits
Packets biscuits
Cereal bars
Individual bags crisps
Pot noodles / pasta
Pot porridge
Mug shots
Cup a Soups
Jam
Chocolate spread
Smooth peanut butter
Marmite
Breakfast cereals
(especially porridge)
Mayonnaise
Salad cream
Tomato sauce
Brown sauce
BBQ sauce
Pickle
Chutney

Tinned food

Tuna
Corned beef
Luncheon meat /
chopped pork
Ham
Hot dogs / frankfurters
Ready meals
eg: ravioli, macaroni
cheese, chili, stew
Potatoes
Mushrooms
Sweetcorn
Soup
Baked beans
Spaghetti / Hoops
Plum tomatoes
Fruit

For further details:

 **visit** newhope.org.uk/harvest

 **contact** Rebecca at rpalmer@newhope.org.uk

 **or call** 01923 227 132.

You can also donate money online to our **Fresh Food Fund**
newhope.org.uk/freshfoodfund