

## 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  
Paper towels

### 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

### Baby and Child

Nappies for all ages  
Baby wipes  
Aptimal formula milk  
for all ages

### 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  
Pasta sauces  
Cooking oil (not olive)

### 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

**WE  
WOULD ALSO  
LIKE SHOPPING  
VOUCHERS**

For further details:

 **visit** [newhope.org.uk/harvest](http://newhope.org.uk/harvest)

 **contact** Rebecca at [rpalmer@newhope.org.uk](mailto:rpalmer@newhope.org.uk)

 **or call** 01923 227 132.

You can also donate money online to our **Fresh Food Fund**  
[newhope.org.uk/freshfoodfund](http://newhope.org.uk/freshfoodfund)