

# HARVEST AT HOME APPEAL

## Food wishlist:

### URGENTLY NEEDED

Tinned meals (curry/chilli etc)

Coffee

Sugar

Fruit squash

UHT milk

Tinned meat (spam, corned beef, ham)

Curry/chilli/ etc cooking sauces

Cooking oil

Pot Noodles/Supernoodles

Tinned new potatoes

Mayonnaise, ketchup, brown sauce and BBQ sauce

Jars of sandwich fillings and paste

### NEEDED

Tinned hot dogs and meatballs

Tinned pasta, ravioli, macaroni, spaghetti

Fray Bentos meat pies and puddings

Microwave rice pouches

Pasta and pasta bake sauces

Cooking sauces (chilli, curry etc)

Pickles, pesto & pastes

Salad dressings

Sauce mix sachets

Multipacks of small packs of crisps

Snack chocolate bars

Cans and cartons of soft drinks

Gravy, stuffing and stock cubes

Batter and crumble mix

Rice pudding

Instant mash

Tinned fish including tuna

Pasta sachets

Ground pepper, herbs & spices

Biscuits

Tinned fruit

Breakfast cereals

Tinned vegetables

1ltr cartons of fruit juice

Microwave sponge puddings

Marmite, peanut butter, honey etc.

### ALSO WELCOME (NOT URGENT):

Cup-a-Soup

Plain flour

Tea Bags

Rice

Baked beans



[www.harpsouthend.org.uk](http://www.harpsouthend.org.uk)

