

## THE UPPER ROOM 2022 HARVEST DONATIONS WISHLIST

We prefer items with plenty of time left before their sell-by date. We are unable to use anything that is already past its sell-by date.

<b>Cooking basics</b>	
tomato puree	curry powder or paste
jarred sauces	garlic powder or paste
olive oil	stock cubes - vegetable / chicken / beef
cooking oil (sunflower preferably)	salt
vinegar - any type	bouillon powder
chutneys and pickles	ground pepper
chilli sauce	
coconut milk	

<b>Tinned food</b>	
fish (salmon or tuna)	spaghetti
meat,	macaroni cheese
soup	baked beans
pulses	vegetables

<b>Dried goods</b>	
pulses	spaghetti
rice	couscous
bulgar	

<b>Snacks and drinks</b>	
biscuits	long life milk
instant coffee	tea bags (not loose tea)
squashes and juices (long life)	

<b>Toiletries for men and women</b>	
disposable razors	soap
shaving foam/gel	deodorant
shampoo, shower gel	nail-clippers
body lotion	pocket-size packets of tissues

<b>Equipment</b>	
sleeping bags	

<b>Items for The Upper Room</b>	
disposable cutlery (preferably eco-friendly)	rubber gloves, latex/hygiene gloves (large/medium size)
takeaway containers with lids (preferably eco-friendly)	<u>strong</u> black garbage and bin liner sacks (large)
disposable gloves	washing up liquid
bleach	sponges for kitchen (large)
anti-bacterial all-purpose cleaning spray	kitchen rolls (catering size preferably)
disinfectant	toilet rolls
Milton Steriliser ?????	cling-film and tin foil (catering size preferably)
toilet cleaner, toilet bowl rim blocks, toilet cistern blocks	

<b>NO THANK YOU</b>	
breakfast items - cereals, porridge, jam etc	children's items - clothes, food, toys, etc
bedding	fresh food
plants or flowers	

### **Other donations**

You can also donate to The Upper Room in other ways:

- Gift vouchers from food stores (Sainsbury's, Tesco, Waitrose, etc)
- Direct donations to The Upper Room

Please visit <https://theupperroom.org.uk/donate/> or contact us on 020 8740 5688 for further information.