

# HARVEST

 A New *Recipe* for Hope & Change 

The way that we help our users has changed so much and the services we deliver always needs new ingredients to make them work. We are currently serving an average of 80 meals across Breakfast, Lunch & Takeaway Snack Packs every single day.

## OUR WISH LIST

### For main meals:

- Tinned, fresh or frozen meat
- Tinned fresh or frozen vegetables (such as carrots, peas, potatoes)
- Cheddar cheese

### For all food sessions:

- Semi skimmed long life milk
- Sugar
- Coffee
- Hot chocolate
- Cordial

### For desserts:

- Tinned custard
- Tinned mix fruit (not peaches)
- Rice pudding
- Eggs
- Self raising flour
- Caster sugar
- Cakes

### For snack packs:

- Sandwich meats
- Sweet biscuits (individually wrapped)
- Multipacks of crisps

### Essentials:

- Ketchup
- Mayonnaise
- Brown sauce
- Gravy granules
- Cooking oil
- Butter/marg
- Pepper

### For breakfast:

- Baked beans
- Plum and chopped tinned tomatoes

**Don't forget that the main ingredient remains the same... your support!**

We work really hard to provide a healthy meal service that tastes good, with a Zero Waste policy in mind. We currently have too many of these items and would love for you to find an alternative from our Wish List.

~~SOUP~~ ~~PASTA~~ ~~RICE~~ ~~HOT DOGS~~ ~~TUNA~~ ~~TOILETRIES~~

Scan the code below to sign up to our Mailing List and stay up to date with all we do!

