

The Wellspring HARVEST

Growing Futures Beyond Homelessness

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:

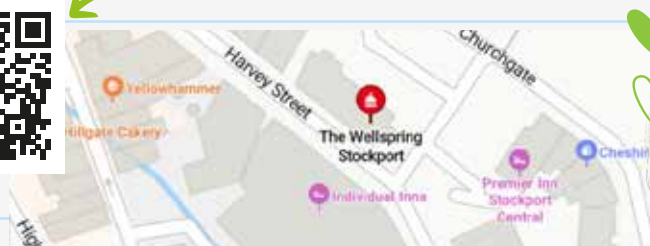
- ☐ Ketchup
- ☐ Mayonnaise
- ☐ Brown sauce
- ☐ Gravy granules
- ☐ Cooking oil
- ☐ Butter/marg
- ☐ Pepper

For breakfast:

- ☐ Baked beans
- ☐ Plum and chopped tinned tomatoes



Scan to donate online



You can bring donations to
**The Wellspring, Harvey
Street, SK1 1YD**

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