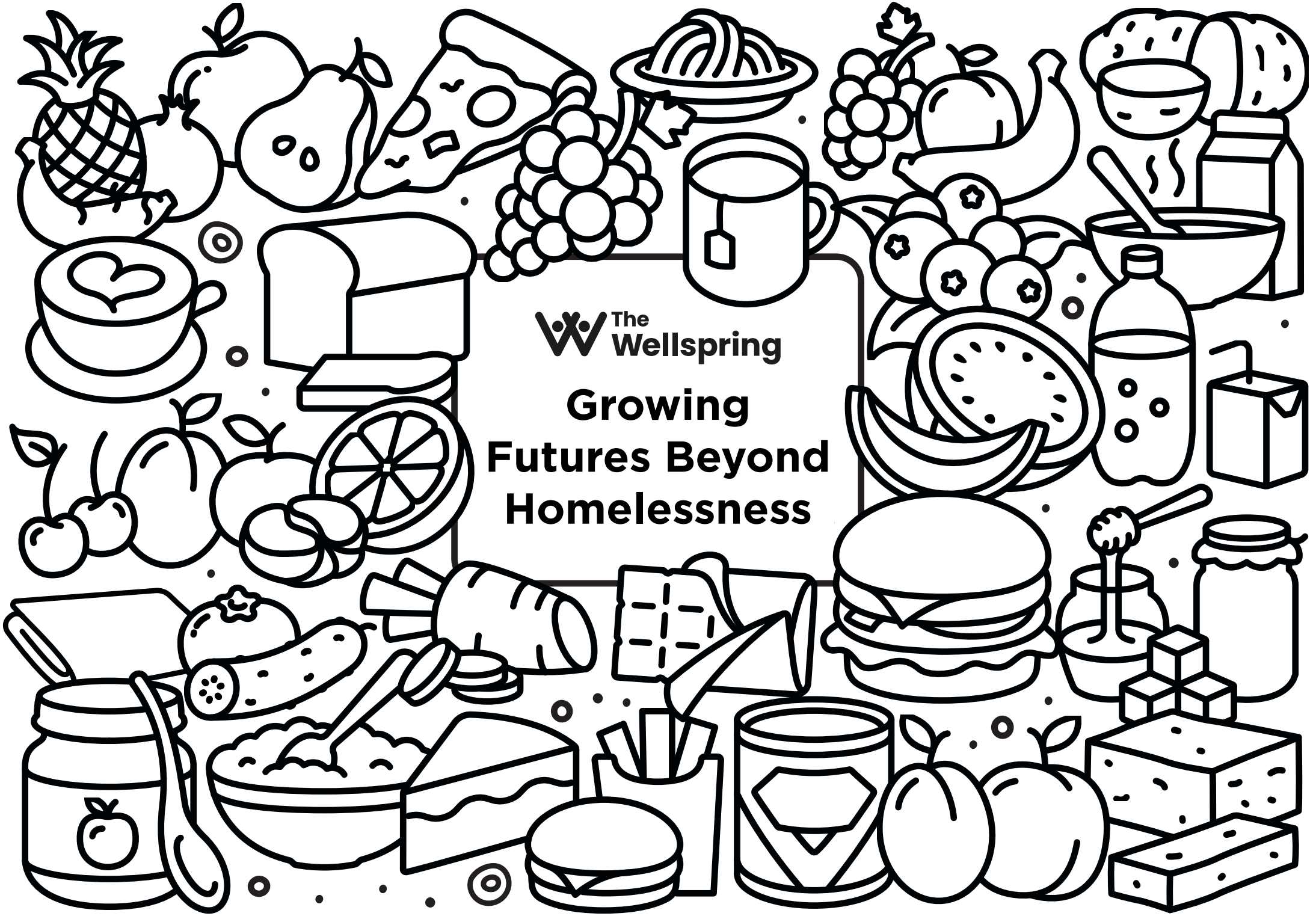
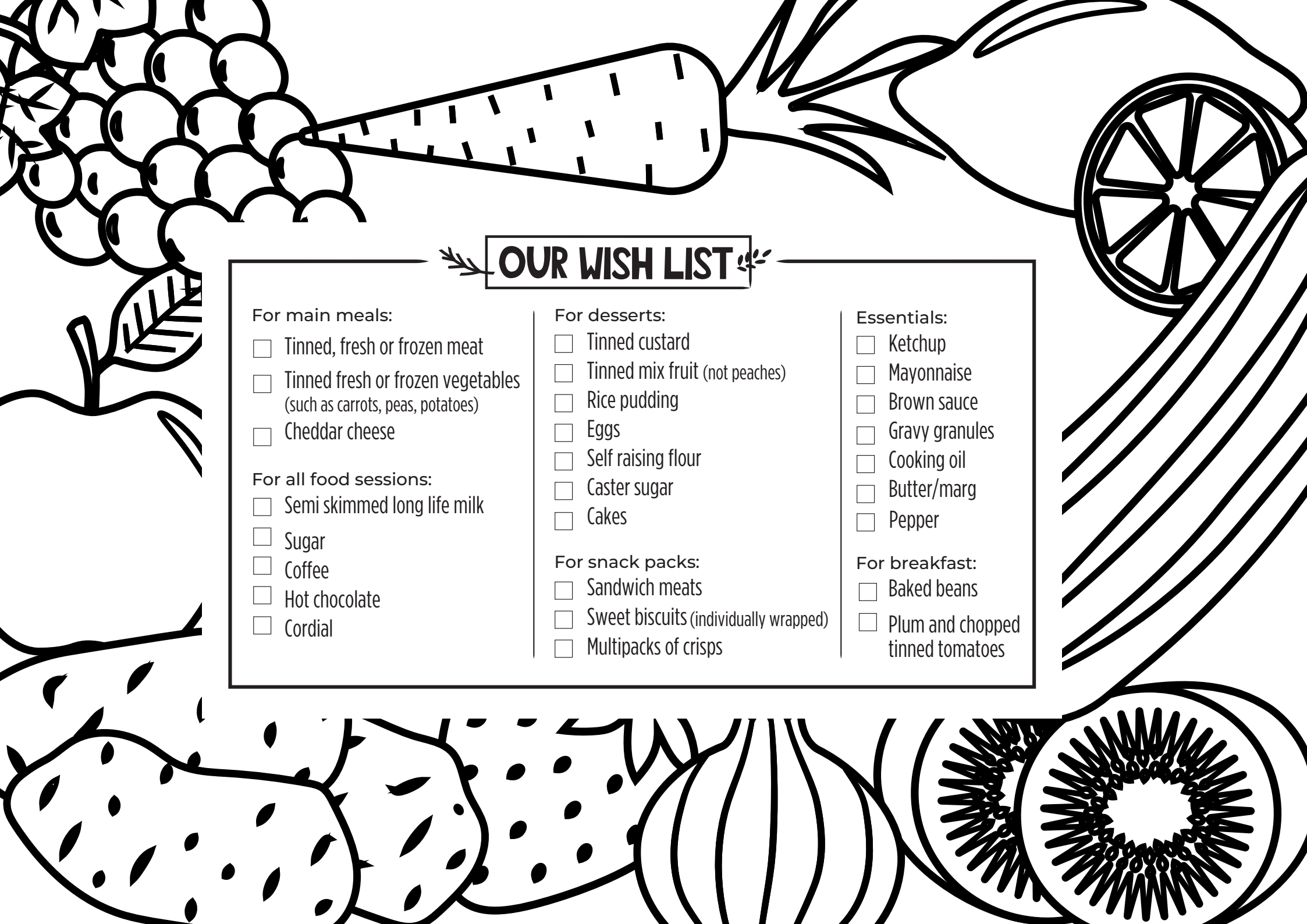

The Wellspring
Growing Futures Beyond Homelessness



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

The Wellspring (Stockport) Limited: Harvey Street, Stockport, PO BOX 456, SK1 1YD.
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Registered Charity No. 1157268. Registered Company No. 08880312.

The Wellspring

Harvest the Hidden Words...

G N I R P S L L E W R M
S T R P C N H O K S S M
T L D N H A H S H T M E
T U D N A E T Y O O T T
T R O T R C A H M C U T
T E O H I O U S E K S P
D O N A T E T N L P K O
N D T N Y P U L E O M S
N H D O O F M M S R G A
D K T R S P N I S T M N
E H A R V E S T D A C L
I W S A F R T A H S O I

HARVEST
CHARITY
FOOD
HOMELESS
WELLSPRING
AUTUMN
DONATE
STOCKPORT

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