

The Upper Room helps over 1,500 different people every year and serves over 24,000 hot, nutritious meals and takeaways. Donations at **Harvest** and through-out the year are greatly appreciated. Please give generously if you can.

Foods with a past sell-by-date cannot be accepted. We prefer dry/tinned food with at least 12 months remaining for consumption.

- Other:            **jarred sauces, OLIVE OIL, Cooking Oil (Sunflower preferably), white wine/balsamic/apple vinegar**
- Tinned Foods: **fish (salmon or tuna), meat, soup, vegetables, tomato puree, pulses**
- Dry Goods:      **seasonings (esp. stock cubes, vegetable/chicken/beef bouillon powder), ground pepper, salt, biscuits**
- Beverages:     **instant coffee**  
**long life milk**  
**squashes, juices**
- Cleaning:       **bleach, anti-bacterial all-purpose cleaning spray, disinfectant, Milton steriliser, toilet cleaner, toilet bowl rim blocks, toilet cistern blocks, washing up liquid**  
**anti-bacterial hand wash and Antibacterial Hand Gel (big dispenser bottles, preferably)**  
**LARGE strong black garbage and bin liner sacks**  
**rubber gloves, latex/hygiene gloves (large/medium size), large sponges for kitchen**  
**kitchen rolls (catering size preferably) and toilet rolls**  
**cling-film and tin foil (catering size preferably)**
- Clothing:       **trainers, shoes (good condition)**  
**underwear and socks**  
**winter coats, winter hats, gloves (large)**  
**black shirts and trousers**  
**clean casual warm clothing in good condition**
- Toiletries:      **disposable razors, shaving foam/gel**  
**shampoo, shower gel, body lotions, soap bars, deodorants**  
**pocket-size packets of tissues**
- Equipment:     **sleeping bags**  
**plastic/metal cutlery (esp. spoons and forks)**  
**plastic tea spoons**  
**take-away containers with lids**

**PLEASE NOTE WE DO NOT NEED:**

loose tea  
breakfast foods (cereal/porridge/jams etc)  
tinned spaghetti / macaroni & cheese  
spaghetti / cannelloni / unusual sized pastas  
chutneys, pickles, chilli sauce  
dried pulses which require soaking  
baked beans!

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

- Gift vouchers from food stores (e.g. Sainsbury, Tesco, Waitrose etc)
- Direct donations to The Upper Room

**Bold items in red & black are the most useful**