

Harvest Appeal 2022



Urgently Needed:

Coffee

Sugar

Pot Noodles/Supernoodles

Tinned meals (curry/chilli etc.)

Breakfast cereals

Squash

Needed:

Tea

Biscuits

Rice

Baked beans

Pasta sachets

Marmite & peanut butter etc.

Cooking sauces (chilli, curry, etc.)

Cup-a-soup

Tinned veg

Ground pepper, herbs & spices

Gravy, stuffing & stock cubes

Tinned meat (spam, corned beef, ham)

Pasta & pasta bake sauces

Fray Bentos meat pies & puddings

Cooking oil

Tinned pasta, ravioli, macaroni

Spaghetti

Tinned fish including tuna



Also Welcome (not urgent):

UHT Milk

Tinned fruit

Mayo

Tinned new potatoes

Multi-packs of small packs of crisps

Snack chocolate bars

Ketchup, BBQ, brown sauce

Soft drinks

Long-life juices

Instant mash

Rice pudding

Microwave rice pouches

Schools, churches and community groups can arrange to have large donations collected by contacting: supportercare@harpSouthend.org.uk

Or drop off your collection to

HARP's Bradbury Day Centre,

103-107 York Road,

Southend, SS1 2DL

(Preferably Mon-Fri, 1pm-4:30pm)

www.harpSouthend.org.uk

Charity No. 1098126

