



The Upper Room

2023 HARVEST DONATIONS WISHLIST

The list below shows the main items that we need.

We prefer items with plenty of time left before their use-by date as we cannot use anything where the date has expired.

We do not require fresh food or breakfast cereals.

Priority items are in **bold**.

If you have any questions, please call us on 020 8740 5688 or email uradmin@theupperroom.org.uk.

BASICS

- bouillion powder
- curry powder or paste
- garlic powder or paste
- **ground black and white pepper**
- mixed herbs
- salt
- tomato puree
- **vegetable stock cubes**

BOTTLES AND JARS

- chilli sauce
- chutneys and pickles
- jam and marmalade
- jarred pasta sauces
- Marmite
- olive oil
- **sunflower or vegetable oil**
- tomato ketchup
- vinegar
- Worcestershire sauce

TINS

- baked beans
- **chopped tomatoes**
- coconut milk
- fish (salmon or tuna)
- lentils, chick peas, beans
- sweetcorn
- vegetable soup
- vegetables, especially peas



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DRIED GOODS

- bulgar
- couscous
- **flour**
- lentils
- onion powder
- **pasta (preferably penne)**
- **rice (preferably basmati)**
- **spaghetti**
- spices – cumin, turmeric, chilli powder, chicken seasoning, garam masala

SNACKS AND DRINKS

- **biscuits**
- **instant coffee**
- long life milk
- squashes and juices (long life)
- **tea bags** (not loose tea)

NON-FOOD ITEMS

- anti-bacterial all-purpose cleaning spray
- **bleach**
- cling-film and tin foil (catering size preferably)
- disinfectant
- eco friendly disposable cutlery
- kitchen rolls (catering size preferably)
- Milton Steriliser
- oven cleaner
- paper napkins (small)
- rubber gloves, latex/hygiene gloves (large or medium size)
- sponges for kitchen (large)
- strong black garbage and bin liner sacks (large)
- tin foil
- toilet cleaner, toilet bowl rim blocks, toilet cistern blocks
- **toilet rolls**
- **washing up liquid**



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OTHER USEFUL ITEMS

- backpacks
- body lotion
- **deodorant**
- disposable razors
- mens underwear
- nail-clippers
- pocket tissues
- **shampoo**
- shaving foam or gel
- **shower gel**
- sleeping bags
- soap
- socks (men's and ladies')
- toothbrushes and toothpaste

OTHER DONATIONS

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

- Gift vouchers from food stores (Sainsbury's, Tesco, Waitrose, etc)
- Direct donations to The Upper Room. Please visit <https://theupperroom.org.uk/donate/> or contact us on 020 8740 5688 for further information.
- Buy from our Amazon wishlist at <https://tinyurl.com/tur-amazon-wishlist>