The Upper Room

Harvest Donations Wishlist

NOTES – PLEASE READ!

- 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.
- We welcome tea and pasta but usually receive far more than we need. Rice and instant coffee would be preferable.

BASIC INGREDIENTS

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

BOTTLES AND JARS

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

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TINS

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

DRIED GOODS

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

SNACKS AND DRINKS

- **biscuits**
- **instant coffee**
- **long life milk (1 litre cartons)**
- tea bags (not loose tea)
- long life squashes and juices

NON-FOOD ITEMS FOR THE KITCHEN

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

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OTHER EXTREMELY USEFUL ITEMS

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

MORE WAYS TO SUPPORT THE UPPER ROOM

- Gift vouchers from food stores (Sainsbury's, Tesco, Waitrose, etc). Please indicate the value of the voucher.
- Direct donations of money. Please visit https://cafdonate.cafonline.org/11878 or contact us on 020 8740 5688 for further information.
- Select items from the UR4Meals Amazon Wishlist or the UR4Driving Amazon Wishlist.
- Apply as a Volunteer – see https://theupperroom.org.uk/support-us/