

The Upper Room 2024 Harvest 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.

BASIC INGREDIENTS

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

BOTTLES AND JARS

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

TINS

- **chopped tomatoes**
- baked beans
- coconut milk
- fish (salmon or tuna)
- lentils, chick peas, beans

- sweetcorn
- vegetable soup
- vegetables, especially peas

DRIED GOODS

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

SNACKS AND DRINKS

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

NON-FOOD ITEMS

- **bleach**
- **toilet rolls**
- **washing up liquid**
- anti-bacterial all-purpose cleaning spray
- 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

OTHER USEFUL ITEMS

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

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.
- Select items from the [UR4Meals Amazon Wishlist](#) or the [UR4Driving Amazon Wishlist](#).



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