HARP
Southend's Homeless Charity

HARVEST APPEAL 2019

On behalf of all the local homeless people who use our services, thank you for your support. Your donations really do make a huge difference. Receiving a nutritious meal after a period of homelessness can be a life changing first step towards recovery.

Thank you for helping local people overcome homelessness for good.
For more information please see:

www.harpsouthend.org.uk

Our Harvest **Wish List:**

We urgently need:

Coffee Sugar Breakfast cereals Baked beans Cooking sauces (e.g. curry, chilli) Tinned meat (e.g. spam, corned beef, ham) Tinned veg Tinned meals (e.g. curry, chilli) Tinned new potatoes Tinned hot dogs Tinned meatballs Fruit squash Tinned tuna Instant noodles Pot noodles Instant mash Pasta bake sauces Microwave rice pouches Cooking oil Jam and marmalade Ground pepper, herbs and spices

We could make great use of:

Tinned fruit Pasta sauce Biscuits Tea bags Cup-a-Soup Mayonnaise, ketchup, brown and BBQ sauce Jars of sandwich filling and paste Marmite and peanut butter Rice pudding Fray Bentos meat pies and puddings Instant gravy and stuffing Rice Tinned fish Powdered milk Microwave sponge puddings Custard Sultanas and mixed dried fruit Flour

Please note, we have plenty of tinned soup and pasta at this time thanks to your previous generous donations.

Cash donations are also gratefully received.

To arrange a Harvest Talk or Collection please email:

lisa.walton@harpsouthend.org.uk or call **01702 415 834**

www.harpsouthend.org.uk

Charity No. 1098126