

## Carecent Needs – Harvest 2021



### **This year, we need the following, please help!**

Tinned tomatoes (preferably whole not chopped)  
Tinned meat which can be served cold – ham, spam, corned beef.  
Tinned hot dog sausages  
Baked Beans  
Canned fish (especially fish other than tuna)  
Brown Sauce  
Tomato Ketchup  
Instant Coffee  
Sugar  
Marmite / Peanut butter  
Tinned fruit  
Fruit juice

### **Clothing and Toiletries**

Gents' socks please - they don't have to be new, but they do have to be clean! We would also welcome mens & ladies underwear (new / nearly new)

Jeans (in sizes 30", 32" and 34")  
Gents' clothes (fleeces / jumpers / t-shirts)

Hats, gloves, roll-on deodorant (**no** aerosols please), toothpaste, shampoo and disposable razors.

Baby wipes / cosmetic wipes

### **This year we're not asking for:**

Breakfast Cereal  
Porridge Oats  
Tinned or packet soup  
Tinned Spaghetti  
Tea  
Salt  
Combination tins e.g. baked beans with sausages – and spiced items.

As we only serve breakfast, we can't use things such as tinned or fresh vegetables, cooking sauces, packets of dried rice and pasta.

If you have any questions, please email [admin@carecent.org.uk](mailto:admin@carecent.org.uk) or phone 01904 624244 during opening hours.

### **Thank you for your support – it really makes a difference!**

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