

# HARVEST

## SHOPPING LIST

Please choose an item/s from this list to donate to The Well:.

- Milk (UHT)
- Cereal
- Tea/Coffee
- Sugar
- Jam/Spreads
- Squash/Fruit Juice (UHT)
- Meat/Fish (tinned)
- Pasta/Rice/Noodles (dried)
- Pulses/Couscous
- Soup (tinned)
- Vegetables (tinned)
- Pasta/Cooking Sauce (jar)
- Fruit (tinned)/Puddings/Custard
- Snacks/Biscuits
- Nappies (sealed packets, size 4, 5, 6)
- Baby Wipes/Toiletries
- Baby Food(long use by date)
- Ladies/Mens Toiletries
- Household Cleaning products

**NO BAKED BEANS PLEASE!**

**NB:** We can only receive food within its Use By/BBE' date.

Thank you for supporting us -  
God bless you!



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Charity No: 1149434 / Limited Company Number: 7962969