

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!

WWW.THEWELLWOLVERHAMPTON.CO.UK
Charity No: 1149434 / Limited Company Number: 7962969



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