

HOW YOU CAN HELP THE PEOPLE'S KITCHEN

Our work is only made possible thanks to your kindness and generosity. The People's Kitchen is run entirely by volunteers so every penny donated goes directly to helping our vulnerable Friends who might be homeless, at risk, unemployed, lonely, or living in poverty.



Items we need	Examples
Tinned Vegetables	Tomatoes Plum and Chopped, Peas, Carrots, Sweetcorn, Potatoes
Tinned Fruit	Peaches, Pineapples, Fruit Cocktail, Pears, Mandarin Oranges
Soup	Tinned or Instant Vegetable, Tomato, Chicken, Broth, Lentil, Potato & Leek
Cooking/ Baking Ingredients	Sugar-Caster & Granulated, SR Flour, Plain Flour, Jam, Coconut, Cocoa, Dried Fruit, Cooking Oil, Lentils, Broth Mix, Spices
Snacks	Pot Noodles, Pot Pasta, Crisps, Biscuits, Chocolate, Sweets
Drinks	UHT Milk, Coffee, Tea, Hot Chocolate, Cartons of Juice, Fruit Squash
Desserts	Rice Pudding, Jelly, Angel Delight, Instant & Tinned Custard, Evaporated Milk, Golden Syrup
Tinned Meat	Ham, Corned Beef, Chilli, Curry, Minced Beef, Bolognese, Stewing Steak
Cooking Sauces	Indian, Thai, Chinese, Italian, Mexican, Coconut Milk
Condiments	Tomato Ketchup, Brown Sauce, Mayonnaise, Salt, Pepper
Pasta & Rice	Lasagne, Egg Noodles, Rice
Stock and Gravy	Vegetarian, Beef, Chicken and Onion
Toiletries	Soap, Mens Spray Deodorant, Shampoo, Conditioner, Shower Gel, Razors, Toothpaste and Brushes, Sanitary Products
Cleaning/Other	Washing Up Liquid, Washing Powder, Carrier Bags or TOTE BAGS
Pet Food	Dog and Cat Wet and Dry Food
Clothing	Trainers, Waterproof Jackets, Joggers, Jeans, Socks

Thank you for any help and support you can give us!

All donations are gratefully accepted. We will always try to minimise waste, so will occasionally share surplus food/clothes with other charities. A lot of the people who come to us for clothes are young men and often need small sizes in clothes. We like to ensure we give items that are suitable for size/age and buy clothes when we are short. We have an Amazon wish list where people can purchase items online and post direct to us

