

# 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
<b>Tinned Vegetables</b>	Tomatoes Plum and Chopped, Peas, Carrots, Sweetcorn, Potatoes, Baked Beans
<b>Tinned Fruit</b>	Peaches, Pineapples, Fruit Cocktail, Pears, Mandarin Oranges
<b>Soup</b>	Tinned or Instant Vegetable, Tomato, Chicken, Broth, Lentil, Potato & Leek
<b>Cooking/ Baking Ingredients</b>	Sugar, Self-Raising Flour, Plain Flour, Jam, Cocoa, Porridge Oats, Desiccated Coconut, Dried Fruit, Cooking Oil, Lentils, Broth, Pulses (Chickpeas, Kidney Beans, Butter Beans)
<b>Snacks</b>	Pot Noodles, Crisps, Biscuits, Chocolate, Sweets
<b>Drinks</b>	UHT Milk, Coffee, Tea, Hot Chocolate, Cartons of Juice, Fruit Squash
<b>Desserts</b>	Rice Pudding, Jelly, Angel Delight, Instant & Tinned Custard, Evaporated Milk, Golden Syrup
<b>Tinned Meat</b>	Ham, Corned Beef, Chilli, Curry, Minced Beef, Bolognese, Stewing Steak
<b>Cooking Sauces</b>	Indian, Thai, Chinese, Italian, Mexican, Coconut Milk
<b>Condiments</b>	Tomato Ketchup, Brown Sauce, Mayonnaise, Salt, Pepper
<b>Pasta &amp; Rice</b>	Lasagne, Egg Noodles, Rice
<b>Stock and Gravy</b>	Vegetarian, Beef, Chicken and Onion
<b>Toiletries</b>	Soap, Deodorant, Shampoo, Conditioner, Shower Gel, Razors, Toothpaste, Toothbrushes, Toilet Roll
<b>Cleaning/Other</b>	Washing Up Liquid, Washing Powder, Spare Carrier Bags
<b>Pet Food</b>	Dog and Cat Wet and Dry Food

