







Can you help us this winter? Demand is increasing and we are short of the items below. You can drop donations off at The People's Kitchen 56 Bath Lane, NE4 5SQ Mon-Fri 12noon to 5pm Sat-Sun 8am to 12 noon

You can donate goods from our Amazon Wishlist and donations are sent directly to us. The link is on our website, choose the item you wish to buy, add to your basket, add our address your contacts and send it directly to us. Please visit our website for further details

You can donate a meal to someone in need via our website or text kitchen5 to 70490

Items we need	Examples
Toiletries	Deodorant, Shampoo, Conditioner, Shower Gel, Razors, Toothpaste and Brushes, Sanitary Products
Rough Sleepers	Sleeping Bags, Rucksacks, Handwarmers, Flasks
Pet Food	Dog & Cat Food – Wet, Dry and Treats
Clothing	Male and Female – Underwear, Socks, Gloves, Scarfs, Hats, Trainers, Waterproof Jackets, Joggers, Jeans, Sweatshirts, T Shirts.
Cleaning/Other	Washing Up Liquid, Washing Powder,
	Books, DVD's, DVD Players/ Puzzle Books/Adult Colouring Books
Tinned Fruit	Peaches, Pineapples, Fruit Cocktail, Pears, Mandarin Oranges
Cooking/ Baking Ingredients	Sugar-Caster & Granulated, Flour – SR & Plain, Jam, Coconut, Cocoa, Dried Fruit, Cooking Oil, Lentils, Broth Mix, Spices, Lasagne
Snacks	Pot Noodles, Pot Pasta, Crisps, Biscuits, Chocolate, Sweets, Cereal Bars
Drinks	UHT Milk, Coffee, Tea, Hot Chocolate, Cartons of Juice, Fruit Squash
Tinned Meat	Ham, Corned Beef, Chilli, Curry, Minced Beef, Bolognese, Stewing Steak
Cooking Sauces	Indian, Thai, Chinese, Italian, Mexican, Coconut Milk

We are grateful for your kind donations – We do not accept food if it is opened.

Clothing does not need to be new, but we ask for it to be in good condition and clean. Handknitted hats and gloves accepted if warm double knitted.

We do not need used duvets, suits, dress shirts, or summer clothing.

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

