

# Autumn Wish List



**TURNINGTIDES**  
ENDING LOCAL HOMELESSNESS

[WWW.TURNING-TIDES.ORG.UK](http://WWW.TURNING-TIDES.ORG.UK)

## Support us this Autumn!

**Fresh. Quality. New. Pre-loved. Your donations will make all the difference.**

### All things breakfast

- Fresh bacon, sausages and eggs
- Mushrooms and tomatoes
- Coffee
- Long life milk
- Carton juice
- Sugar
- Ketchup and brown sauce

### All cleaned up

- Toilet rolls
- Kitchen towels
- Washing up liquid
- Anti-bac sprays
- Cleaning wipes
- Washing powder
- All purpose cleaner

### Autumn & winter outside

- Small tents
- Roll mats
- Rucksacks
- Backpacks
- Sleeping bags

### On the go snacks/light meals

- Spreads – peanut butter, sandwich paste, marmite, chocolate spread etc
- Small bottled and carton drinks/water
- Cereal bars
- Snack pots
- Tinned ham, corned beef and fish
- Tinned meals - meat and vegetarian
- Tinned pies - meat and vegetarian
- Pot noodles
- Tin custard and rice pudding
- Cooking sauces

### Keeping clean & healthy

- Shampoo and conditioner
- Shaving gels and razors
- Deodorants
- Bath towels
- Men's boxers
- Women's briefs
- Women & men's tees



SCAN ME!

THANK  
YOU

Items can be taken to our Donations Service  
Open Tuesday, Wednesday & Friday, 9am-12:30pm

Email: [donations@turning-tides.org.uk](mailto:donations@turning-tides.org.uk)  
Phone: 01903 680740 Ext No: 248

**Donations Service, Unit 1  
Thesiger Close, Worthing  
BN11 2RN**