

Donate Today to Help Homeless Young People and Families

Suggested Donations

DRIED INGREDIENTS

Grains: Rice, Pasta, Cous Cous, Bulgur Wheat

Legumes: Lentils, Chickpeas, Beans, Yellow Split Peas

Seasoning: Salt, Pepper, Stock Cubes, Sumac, Za'atar, Chilli

Drinks: Tea, Coffee, Hot Chocolate

Baking: Flour, Sugar, Oats, Cereal

TINS & JARS

Coconut Milk

Chopped Tomatoes

Tins: Vegetables, Fish, Meat, Fruit, Soup

Jars: Curry Sauce, Pasta Sauce, Tahini

QUICK COOK & SNACKS

Instant Noodles

Biscuits

Cereal Bars

KITCHEN ESSENTIALS

Laundry Powder

Washing Up Liquid

Cooking and Olive Oil

UHT Milk

PERSONAL CARE

Menstrual Pads

Toothpaste

Body Wash

Shampoo

Soap

Toilet Roll

BABY ITEMS

Nappies

Baby Wipes

Baby Food

Baby Formula

Scan Here
to Donate



£15

Could pay for **cooked meals for children** attending activity clubs

£25

Could pay for a **refugee family** to cook meals in our kitchen

£50

Could give a homeless family **housing advice** and **advocacy**

GET IN TOUCH



fundraising@cardinalhumecentre.org.uk



www.cardinalhumecentre.org.uk

