

the Wellspring
HARVEST

A New Recipe for
Hope & Change

The Wellspring supports the people of Stockport that are homeless or at risk of losing their home. We provide the resources, understanding, and care that they need inside the community that we all share. Our professional staff and dedicated volunteers are there to understand the complex and individual challenges of every service user and help them make positive changes to their lives.

**HOPE HELPS
 CHANGE WORKS**

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The way that we help our users has changed so much and the services we deliver always needs new ingredients to make them work. We are currently serving an average of 80 meals across Breakfast, Lunch & Takeaway Snack Packs every single day.

OUR WISH LIST

For main meals:

- Tinned, fresh or frozen meat
- Tinned fresh or frozen vegetables (such as carrots, peas, potatoes)
- Cheddar cheese

For all food sessions:

- Semi skimmed long life milk
- Sugar
- Coffee
- Hot chocolate
- Cordial

For desserts:

- Tinned custard
 - Tinned mix fruit (not peaches)
 - Rice pudding
 - Eggs
 - Self raising flour
 - Caster sugar
 - Cakes
- For snack packs:**
- Sandwich meats
 - Sweet biscuits (individually wrapped)
 - Multipacks of crisps

Essentials:

- Ketchup
- Mayonnaise
- Brown sauce
- Gravy granules
- Cooking oil
- Butter/marg
- Pepper

For breakfast:

- Baked beans
- Plum and chopped tinned tomatoes

We work really hard to provide a healthy meal service that tastes good, with a Zero Waste policy in mind. We currently have too many of these items and would love for you to find an alternative from our Wish List.

SOUP PASTA RICE HOT DOGS TUNA TOILETRIES

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