

**the Wellspring**

# HARVEST

*A New Recipe for  
Hope & Change*

The Wellspring has served the people of Stockport that need it the most for over thirty years. The way that we help our users has changed so much during this time and the services we deliver always needs new ingredients to make them work.

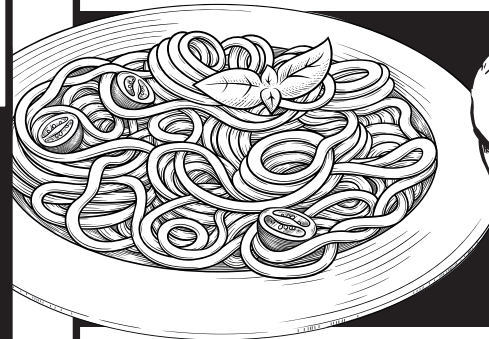
Don't forget that the main ingredient remains the same...  
**YOUR SUPPORT!**

**HOPE HELPS  
CHANGE WORKS**

[thewellspring.co.uk](http://thewellspring.co.uk)

We work really hard to provide a healthy meal service that tastes good, with a Zero Waste policy in mind. Here are some of our favourite recipes that we serve every week.

## STOCKPORT SPAG BOL!



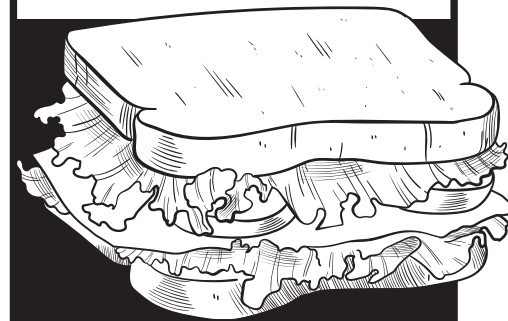
We may not have the Mediterranean, but we have the Mersey! Our take on the Italian classic is colourful, healthy, and delicious. It's lovingly made on a regular basis by our kitchen staff with your donations to bring Little Italy to The Underbank.

## THE PLAZA PIE!



Named after one of our town's greatest landmarks, it's the perfect pie for winter. Our kitchen staff make sure that this hearty meal is a real showstopper, and we need to make sure that there is always a slice for every seat in the house!

## BRILLIANT BUTTIES!



The takeaway Snack Packs are a lifeline to those who may need food outside of our opening hours. As a result, we always offer a selection of simple sandwiches that can be eaten at any time throughout the day.

Can you create your own Stockport Special Recipe using some of the ingredients from our Harvest Wish List?

Get creative and share with our socials when you're done. It might even end up on our Menu soon!

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*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

**SCAN ME!**

Scan the code to sign up to our Mailing List and stay up to date with all we do!



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