



**URBAN**  
**OUTREACH** (BOLTON)



At Urban Outreach we accept all long life donations for the various projects we run. Below is some examples of what you might like to donate.

Tinned Soups  
Tinned Minced Beef  
Tinned Corned Beef  
Tinned Stewing Steak  
Tinned Meat Stews  
Tinned Chicken Stews  
Tinned Meat Curry  
Tinned Chicken Curry  
Tinned Veg Curry  
Tinned Ham  
Tinned Meat Pies  
Tinned Fish

Instant Rice/Noodles  
Cuppa Soup  
Cooking Sauces  
Pickled Beetroot  
Pickled Onions  
Pickled Red Cabbage

Coffee  
Instant Hot Chocolate  
Cordial  
UHT Long Life Milk  
Cereal

Tinned Carrots  
Tinned Mushy Peas  
Tinned Garden Peas  
Tinned Processed Peas  
Tinned Sweetcorn  
Tinned Mixed Vegetables  
Tinned Tomatoes  
Tinned Potatoes  
Instant Mash  
Small Packs of Rice (500g)

Tinned Fruit  
Instant Custard Powder  
Tinned Custard/Rice Pudding

**Toiletries**

200ml Shampoo/Conditioner  
Toothpaste  
Toothbrushes  
Baby Wipes  
Nappies (Size 4,5 and 6)

Thank you - your donation will make a huge  
difference in our town!