

# HARVEST FOOD FESTIVAL 2026

## SUPPER PICK 'N' MIX

Help us this Harvest by gifting directly to those experiencing homelessness, to help nourish their health and support their wellbeing.

Pick 'n' Mix from the list below, organise a collection or shop and drop.

### TINS

- MEAT & VEGGIE MEALS ☐
- CORNERED BEEF & HAM ☐
- TUNA & FISH ☐
- FRAY BENTOS PIES ☐
- SPAGHETTI HOOPS ☐
- FRUIT & VEG ☐
- CUSTARD ☐
- RICE PUDDING ☐

### PACKETS & JARS

- POT NOODLES ☐
- INSTANT SUPER NOODLES ☐
- INSTANT PACKET MEALS ☐
- COOK-IN SAUCES ☐
- MICROWAVE RICE ☐
- CUP-A-SOUP ☐
- RICE ☐
- INSTANT PORRIDGE POTS ☐

### SWEET AND SAVOURY

- CEREAL BARS ☐
- BISCUITS ☐
- CRISPS & NUTS ☐
- SWEETS & CHOCOLATE ☐
- SAVOURY CRACKERS ☐

### DRINKS

- INSTANT COFFEE ☐
- BOTTLED WATER ☐
- JUICE CARTONS ☐
- MILK/MILK ALTERNATIVE ☐
- SQUASH ☐

### HOW CAN YOU DONATE?

Sign up to receive our Gift List and Newsletter to learn more about what we do and how you can support us this Harvest and beyond!



SCAN ME

Drop off Monday, Tuesday, Wednesday, Thursday 9am - 2pm  
CLOSED FRIDAY & BANK HOLIDAYS  
Unit 2, Dominion Trade Centre,  
Dominion Way West, Worthing,  
West Sussex, BN14 8NT.

Email [donations@turning-tides.org.uk](mailto:donations@turning-tides.org.uk)  
Phone 01903 680742  
Visit [www.turning-tides.org.uk/donate-goods](http://www.turning-tides.org.uk/donate-goods)



REGISTERED CHARITY No: 1027832

Drop off Monday- Thursday.  
Collections available on request.

Donate via our Amazon Wishlist and send essential everyday items direct to us!



SCAN ME