RCK

REFUGEECOMMUNITYKITCHEN.COM

When collecting or buying food please bring a few items in bulk from the list below rather than small amounts of many things on the list.

Most needed items in red

SPICES	**FRESH VEGETABLES**	**NON FOOD KITCHEN ITEMS**
Lemons and Lemon juice Sea salt & Table salt Black Pepper Sumac Paprika Star Anise Powdered Spices: Cinnamon, Ginger powder Garlic powder Curry Powder Garam Masala Coriander Powder Cumin Powder Nutmeg Powder Turmeric Powder Mustard seeds Coriander seeds Cumin seeds Fennel seeds Fenugreek Cinnamon sticks Cardamom pods Whole dried chillies Chili flakes Chili powder Coconut Milk Desiccated Coconut Coconut Powder Vinegar, Balsamic Vinegar Apple Cider Vinegar Vegetable stock/Bouillon (Large tubs) Mustard Tahini Harissa Zatar	(minimum 20kg) Apples Bananas Oranges Garlic Ginger Potatoes Fresh tomatoes Onion Courgette Cauliflower Aubergine Leeks Celery Cucumber Peppers Lettuce Fresh chillies Fresh herbs Coriander Parsley Mint Dried Beans (minimum 25kg sacks) Chickpeas Red lentils Kidney beans Pinto Beans Butterbeans Large tins of canned tomatoes Large tins of Tomato puree Ketchup	Masks disposable & washable Gloves (Large medium & small latex gloves) PAPER cups 8oz (no plastic) Washing up sponges Green & Metal Scourers Floor cleaner Degreaser Anti-bacterial Spray, Spray Surface cleaner Catering cling film Large Bin bags (110L) Washing Machine Powder Alcohol for hand sanitiser Waterproof Aprons Long Life Milk Sugar Tea Filter coffee Biscuits Flapjacks Chocolate Honey Golden Syrup Dried Fruit and Nuts Dried Apricots Dates Sunflower Oil Olive Oil

Refugee Kitchen runs purely on donations. Your efforts to collect and deliver food are essential to the wellbeing of the refugees we serve and sustain.

'Feeding people without Judgement'