

# Step Into Spring with our March & April 2026 Gift List

## BASICS BASKET

Pot Noodles  
Packet Ready Meals  
Instant Super Noodles  
Tinned Meat - Ham &  
Corned Beef  
Tinned Ready Meals - Meat  
& Vegetarian  
Tinned Fish & Tuna  
Fray Bentos Pies

## BREAKFAST BAG

Long Life Milk  
Alternative Milk  
Cooking Oil  
Cartons of Juice  
Bottled Water  
Sugar  
Instant Coffee  
Ketchup  
Brown Sauce  
Chocolate Spread  
Cereal Bars

## OUTDOOR ESSENTIALS

Warm & Waterproof  
Sleeping Bags with cover  
One/Two Person Tents  
Rucksacks  
Camping Mats

## TOILETRIES TOTE

Shaving Foams  
Razors  
Hair Brushes  
Feminine Hygiene  
Products  
Sun creams  
Toilet Rolls  
Lip Balms



## MAKING A HOUSE A HOME

### NEW OR CLEAN, LAUNDERED AND UNSTAINED

Single Bedding  
Single Fitted Sheets  
Single Duvets  
Single Mattress  
Protectors  
Pillows & Pillow  
Protectors

## HOW CAN YOU DONATE?

✔ **Donate in person**

✔ **Set up an Easter Collection**

✔ **See our Amazon Wishlist for everyday essential items**



SCAN HERE

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