

Lighthouse

For a brighter future, free from domestic abuse

Can you help Lighthouse?



Biscuits for Cheese/Crackers
Cereal Bars
Cereal Boxes (small mixed packs)
Dried Pasta, Rice
Pasta Sauce, Cook In Sauces
Pouches of Rice/Pasta
Pouches of Meals
Tinned Meat (curry, chilli, meatballs, pies, stew, corned beef)
Tinned Fish (salmon, tuna, sardines, mackerel)
Tinned Vegetables (Potatoes, Tomatoes, Carrots, Peas, Sweetcorn,
Mixed Veg)
Cartons/Tins of Custard, Fruit
Jam, Marmalade, Honey, Marmite
Porridge Oat Pots
Rice Cakes, Snack A Jacks
Biscuits, Crisps
Individually Wrapped Chocolate Bars (Penguins etc)
Carton Long Life Juice, Squash
Tea, Coffee, Herbal Tea, Hot Chocolate
Sugar
Deodorant/Body sprays
Conditioner
Hair brushes

Please do not include perishable fresh food or alcohol.

**For more information and where to deliver
please contact Emma via
admin@lighthousewa.org.uk**