



SHOPPING LIST

**BLACK COUNTRY
FOODBANK**
LOVE · CONNECT · INVEST
**HARVEST
2023**

BLACK COUNTRY FOODBANK HELPS VULNERABLE INDIVIDUALS AND FAMILIES IN CRISIS THROUGH THE PROVISION OF AN EMERGENCY FOOD AND TOILETRY PARCEL, WHILE A LONGER-TERM SOLUTION IS DEVELOPED

**PLEASE SUPPORT US BY DONATING ANY
OF THE ITEMS FROM OUR SHOPPING LIST:**

- 1L CARTONS OF FRUIT JUICE
- 1L CARTONS OF UHT MILK
- TINNED CHOPPED TOMATOES
- SMALL JARS OF COFFEE
- TINNED POTATOES/MASH
- TINNED FRUIT
- TINNED CUSTARD/RICE PUDDING
- TINNED READY MEALS
- TINNED HAM/CORNERED BEEF
- TINNED FREY BENTOS PIES
- TINNED FISH
- BREAKFAST CEREAL
- TINNED SOUP
- TINNED MACARONI CHEESE
- PACKETS OF SAVOURY RICE/NOODLES
- DEODORANTS
- SHAMPOO
- SHOWER GEL
- TOILET ROLL

REGISTERED CHARITY NO: 1136676

