



SHOPPING LIST

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 ITEMS FROM OUR SHOPPING LIST

- CARTONS OF UHT MILK
- TEA BAGS BOX OF 40'S
- SMALL JARS OF COFFEE
- CARTONS OF LONG LIFE FRUIT JUICE
- CORDIAL/SQUASH
- TINNED POTATOES/MASH
- TINNED CHOPPED TOMATOES
- TINNED VEGETABLES
- TINNED FISH
- TINNED SOUP
- TINNED READY MEALS (MEATBALLS/MACARONI CHEESE/CHILLI)
- TINNED MEAT
- TINNED FRAY BENTOS PIES
- BREAKFAST CEREAL
- PASTA SAUCE
- SAVOURY RICE
- INSTANT NOODLES
- TINNED FRUIT
- TINNED CUSTARD/RICE PUDDING
- BARS OF SOAP
- SHOWER GEL
- TOILET ROLL
- ROLL ON DEODORANT
- SHAMPOO



PLEASE SCAN THE QR CODE TO RECEIVE A WEEKLY REMINDER OF OUR SHORTAGES LIST ON YOUR SHOPPING DAY

