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**Harvest Shopping List**

Please could you bring in any item from this list to donate to the Foodbank.

* **Long Life Milk**
* **Fruit Juice**
* **Jam/Marmalade**
* **Tinned Rice Pudding/Custard**
* **Breakfast Cereal**
* **Tinned Ready Meals (Chilli/Meatballs)**
* **Tinned Veg Ready Meals (Curry/Ratatouille)**
* **Tinned Fish**
* **Cooking sauces**
* **Hot chocolate**
* **Small Jars of Coffee**
* **Tinned Fruit (in juice preferably)**
* **Biscuits**
* **Packets of Mashed Potato**
* **Healthy Snacks (Small boxes of raisins/apricots)**
* **Toothbrushes**
* **Baby Bath & Shampoo**
* **Roll on Deodorant (Male & Female)**
* **Shaving Gel/Foam**

**![C:\Users\bcfb.admin\AppData\Local\Microsoft\Windows\INetCache\IE\0YOEI1BT\autumn-leaves[1].gif]()![C:\Users\bcfb.admin\AppData\Local\Microsoft\Windows\INetCache\IE\0YOEI1BT\autumn-leaves[1].gif]()**You can also donate financially at[**www.justgiving.com/blackcountryfoodbank**](http://www.justgiving.com/blackcountryfoodbank)Thank you for your support

Black Country Food Bank is a UK registered Charity No. 1136676 **![C:\Users\bcfb.admin\AppData\Local\Microsoft\Windows\INetCache\IE\0YOEI1BT\autumn-leaves[1].gif]()**