



**What do we do?**

Black Country Foodbank helps vulnerable individuals and families in crisis through the provision of 3 days emergency food, while a longer term solution is developed.

Please support us by donating any of the items from our shopping list. Thank you.

**Shopping list**

- UHT Milk
- Cooking Sauces (jars)
- Breakfast cereal
- Jam/Marmalade
- Tinned spaghetti
- Long Life Fruit Juice/Fruit Squash/Cordial
- Tin/Carton Rice Pudding/Desserts /Custard
- Tin/Carton Tomatoes
- Rice/Pasta (500g )
- Instant Noodles
- Savoury Rice
- Tinned Meat e.g. ham, chicken
- Tinned Vegetables
- Tinned Ready Meals e.g. chilli, macaroni cheese, curry, ratatouille, meatballs
- Instant Coffee (small)/ Hot Chocolate
- Instant Mash/Tinned Potatoes
- Tinned Fish e.g, tuna, sardines
- Tinned Fruit (in juice preferably)
- Sugar (500g/ 1kg)
- Shampoo/Shower Gel
- Roll on deodorant (Male & Female)
- Toothbrushes/Toothpaste
- Toilet Rolls
- Can Openers

You can also donate financially at [www.blackcountryfoodbank.org.uk](http://www.blackcountryfoodbank.org.uk)

Thank you for your support

Black Country Food Bank is a UK registered Charity No. 1136676



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### **What do we do?**

Black Country Foodbank is a Christian based charity. It was set up in 2006 to provide three days of nutritionally balanced food to vulnerable individuals and families in crisis whilst they are engaged with an agency to tackle the underlying problems and develop a longer term solution. From small beginnings when 45 people were fed in the first year, Foodbank has grown and in 2017 we distributed 182,751 nutritionally balanced meals to those in crisis around the Black Country.

### **Where do the supplies come from?**

The food distributed by Foodbank is nonperishable/long-life and is obtained through donations which can be taken to the individual Distribution Centres or the main warehouse in Brierley Hill. As well as private individuals many churches, schools, businesses and Voucher Holding Agencies throughout the Black Country support Foodbank by regular collections and also at special times of the year such as Harvest.

If you feel you would like to help Foodbank by collecting for us, maybe at your place of work, church or school please contact us through our website [www.blackcountryfoodbank.org.uk](http://www.blackcountryfoodbank.org.uk) and we can send you some information to help get you started.

### **Fundraising**

Raising funds to support Black Country Foodbank is vital. Besides various fundraising events it is also possible to donate by visiting our web page [www.blackcountryfoodbank.org.uk](http://www.blackcountryfoodbank.org.uk)

For further information about Black Country Foodbank and to see a list of our Distribution Centres please visit our web page [www.blackcountryfoodbank.org.uk](http://www.blackcountryfoodbank.org.uk)

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