



BLACK COUNTRY
FOODBANK
LOVE . CONNECT . INVEST



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 items from our Christmas shopping list.
Thank you.

- Mince pies (no alcohol)
- Christmas puddings (no alcohol)
- Selection boxes

The above items need to be donated by **7th December.**

- Gravy (pkts)
- Tinned meat
- Packets of Mashed Potato/Tinned potatoes
- Tinned vegetables
- Long Life Milk
- Fruit Juice
- Jam/Marmalade
- Tinned Rice Pudding/Custard
- Breakfast Cereal
- Tinned Ready Meals (Chilli/Meatballs)
- Tinned Vegetarian Ready Meals (Curry/Ratatouille)
- Tinned Fish
- Hot chocolate
- Small Jars of Coffee
- Tinned Fruit (in juice preferably)
- Biscuits
- Healthy Snacks (Small boxes of raisins/apricots)

You can also donate financially at www.blackcountryfoodbank.org.uk
Thank you for your support

Registered Charity: 1136676

