



Harvest Shopping List

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

- Long life milk
- Fruit juice/Fruit cordial/Squash
- Breakfast cereal
- Jam/marmalade
- Tinned rice pudding/custard
- Tinned ready meals (chilli/meatballs)
- Tinned veg ready meals (curry/ratatouille)
- Tinned fish
- Tinned meat (corned beef/ham)
- Jars of cooking sauce
- Hot chocolate
- Small Jars of coffee
- Tinned Fruit (in juice preferably)
- Biscuits
- Packets of mashed potato/Tinned potatoes
- Healthy snacks (small boxes of raisins/apricots)
- Toothbrushes/Toothpaste
- Shower gel & shampoo
- Roll on deodorant (male & female)
- Shaving gel/foam

Thank you for your support

www.blackcountryfoodbank.org.uk
Black Country Food Bank is a UK registered Charity No. 1136676

