



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.

- Breakfast Cereal
- Jam/Marmalade
- Long Life Milk
- Fruit Juice
- Small Jars of Coffee
- Hot chocolate
- Tinned meat (ham, corned beef, spam)
- Tinned Ready Meals (Chilli/Meatballs)
- Tinned Vegetarian Ready Meals (Curry/Ratatouille)
- Packets of Mashed Potato/Tinned potatoes
- Tinned vegetables
- Tinned Fish
- Pasta/Rice
- Jars of Cooking Sauce
- Tinned Fruit (in juice preferably)
- Tinned Rice Pudding/Custard
- Healthy Snacks (Small boxes of raisins/apricots)
- Deodorants
- Shampoo/Shower Gel/Soap
- Toothbrushes/Toothpaste

You can also donate financially at www.blackcountryfoodbank.org.uk

Thank you for your support

