

Harvest Shopping List

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

- Long life milk
- Long life fruit juice/Fruit cordial/Squash
- Breakfast cereal (small boxes)
- Jam/marmalade
- Desserts
- Tinned ready meals (chilli, meatballs, curry, ratatouille, macaroni cheese)
- Tinned fish
- Tinned meat (corned beef/ham)
- Jars of pasta cooking sauce
- Hot chocolate/ small jars of coffee
- Tinned tomatoes
- Tinned fruit (in juice preferably)
- Pasta in sauce (flavoured/dried packets)
- Biscuits
- Packets of mashed potato/Tinned potatoes
- Healthy snacks (small boxes of raisins/apricots)
- Toothbrushes/Toothpaste
- Shampoo
- Roll on deodorant (male & female)
- Bars of soap

Thank you for your support

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

