



**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 **2nd December**.

- Tinned meat (stewing steak/ham/chicken/beef)
- Packets of Mashed Potato/Tinned potatoes
- Tinned vegetables
- Long Life Milk – 1 litre carton
- Fruit Juice – 1 litre carton
- Jam/Marmalade
- Tinned Desserts
- Breakfast Cereal – small/medium pkts.
- Tinned Ready Meals (Chilli/Meatballs/Macaroni  
Cheese/Ratatouille/Curry))
- Tinned Fish
- Hot chocolate (to be made with water)/small jars of coffee
- Tinned Fruit (in juice preferably)
- Biscuits
- Healthy Snacks (Small boxes of raisins/apricots)
- Toilet rolls
- Bars of soap

You can also donate financially at [www.blackcountryfoodbank.org.uk](http://www.blackcountryfoodbank.org.uk)  
Thank you for your support

