

Christmas 2025 SHOPPING LIST

**BLACK COUNTRY
FOODBANK**
LOVE . CONNECT . INVEST



BLACK COUNTRY FOODBANK HELPS VULNERABLE INDIVIDUALS AND FAMILIES IN CRISIS THROUGH THE PROVISION OF AN EMERGENCY FOOD AND TOILETRY PARCEL, WHILE A LONGER-TERM SOLUTION IS DEVELOPED

PLEASE SUPPORT US BY DONATING ITEMS FROM OUR SHOPPING LIST

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|  TINNED MEAT: CHICKEN, HAM |  MINCE PIES |
|  TINNED POTATOES OR MASH |  CHRISTMAS PUDDINGS |
|  TINNED VEGETABLES |  TINNED CUSTARD |
|  GRAVY OR PACKETS OF STUFFING |  SELECTION BOXES |
| • CARTONS OF UHT MILK | • TINNED READY MEALS: MEAT AND VEGETARIAN |
| • CORDIAL OR SQUASH | • SAVOURY RICE |
| • SMALL JARS OF COFFEE | • TINNED FISH |
| • TEA BAGS BOX OF 40'S | • TINNED FRUIT |
| • CARTONS OF LONG LIFE FRUIT JUICE | • SHOWER GEL |
| • PASTA SAUCE OR COOKING SAUCE | • TOILET ROLL |
| • INSTANT NOODLES | • ROLL ON DEODORANT |
| • TINNED CHOPPED TOMATOES | • SHAMPOO |
| • BREAKFAST CEREAL | • BARS OF SOAP |



**PLEASE SCAN THE QR CODE TO
RECEIVE A WEEKLY REMINDER
OF OUR SHORTAGES LIST ON
YOUR SHOPPING DAY**

