



Christmas





2024

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

-  **TINNED MEAT (CHICKEN/HAM)**
-  **TINNED VEGETABLES**
-  **TINNED POTATOES/MASH**
-  **GRAVY / PACKETS OF STUFFING**
- **CARTONS OF LONG LIFE FRUIT JUICE**
- **CARTONS OF UHT MILK**
- **CORDIAL/SQUASH**
- **SMALL JARS OF COFFEE**
- **TEA BAGS BOX OF 40'S**
- **TINNED FISH**
- **PASTA SAUCE**
- **TINNED CHOPPED TOMATOES**
- **BREAKFAST CEREAL**

-  **TINNED CUSTARD**
-  **MINCE PIES**
-  **CHRISTMAS PUDDINGS**
-  **SELECTION BOXES**
- **TINNED READY MEALS (MEATBALLS/MACARONI CHEESE)**
- **TINNED FRUIT**
- **SAVOURY RICE**
- **INSTANT NOODLES**
- **ROLL ON DEODORANT**
- **SHAMPOO**
- **SHOWER GEL**
- **TOILET ROLL**
- **BARS OF SOAP**



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

