

# 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**

- **CARTONS OF LONG LIFE FRUIT JUICE**
- **CARTONS OF UHT MILK**
- **CORDIAL/SQUASH**
- **SMALL JARS OF COFFEE**
- **TINNED CHOPPED TOMATOES**
- **TINNED POTATOES/MASH**
- **TINNED FRUIT**
- **TINNED CUSTARD/RICE PUDDING**
- **TINNED READY MEALS (MEATBALLS/CHILLI/MAC AND CHEESE)**
- **TINNED MEAT (HAM/CORNERED BEEF)**
- **TINNED FRAY BENTOS PIES**
- **TINNED FISH**
- **TINNED VEGETABLES**
- **BREAKFAST CEREAL**
- **PASTA SAUCE**
- **SAVOURY RICE**
- **INSTANT NOODLES**
- **ROLL ON DEODORANT**
- **SHAMPOO**
- **SHOWER GEL**
- **TOILET ROLL**
- **BARS OF SOAP**

**SIGN UP TO  
DON'T FORGET**



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