



HARVEST 2026 SHOPPING LIST

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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| • CARTONS OF UHT MILK | • TINNED MEAT |
| • TEA BAGS BOX OF 40'S | • TINNED FRAY BENTOS PIES |
| • SMALL JARS OF COFFEE | • BREAKFAST CEREAL |
| • CARTONS OF LONG LIFE FRUIT JUICE | • PASTA SAUCE |
| • CORDIAL/SQUASH | • SAVOURY RICE |
| • TINNED POTATOES/MASH | • INSTANT NOODLES |
| • TINNED CHOPPED TOMATOES | • TINNED FRUIT |
| • TINNED VEGETABLES | • TINNED CUSTARD/RICE PUDDING |
| • TINNED FISH | • BARS OF SOAP |
| • TINNED SOUP | • SHOWER GEL |
| • TINNED READY MEALS | • TOILET ROLL |
| (MEATBALLS/MACARONI CHEESE/CHILLI) | • ROLL ON DEODORANT |
| | • SHAMPOO |



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

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



LOVE . CONNECT . INVEST

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Collection: Monday 12th -Thursday 22nd October