

# BLACK COUNTRY FOODBANK

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## THESE ARE THE FOOD ITEMS YOU CAN DONATE...

### Shortages/frequently used food items are:

- Tin/Carton Rice/Sponge  
Pudding/Custard
- Ready Meals  
(Unrefrigerated/Tinned)
- Tinned Meat/Fish
- Bottles of Squash/Cordial
- Jars of Jam/ Marmalade
- Fruit Juice (1L carton long life)
- Breakfast Cereal (preferably  
non-sugared)
- Potato (Instant Mash or Tinned)
- Tinned Vegetables

### Other Always Welcome Items:

- Milk (UHT or powder, preferably  
semi-skimmed)
- Sugar (500g/1kg)
- Jars Instant Coffee (small)
- Instant Hot Chocolate  
(preferably to be made with  
water)
- Pasta Sauce/Cooking Sauces
- Tin/Carton Tomatoes
- Pasta/Rice/Cous Cous  
(500g/1kg)
- Packets of Instant Noodles
- Tinned Pies
- Tinned Fruit (in juice preferably)
- Biscuits, Crackers, Crispbreads
- Healthy Snacks (Raisins,  
Apricots etc)

## THESE ARE THE NON-FOOD ITEMS YOU CAN DONATE:

### Shortages/frequently used non-food items are:

- Deodorant
- Shower Gel
- Shampoo/Conditioner
- Toothbrush/Toothpaste
- Flannels/Sponges

### Other Always Welcome Items:

- Can Opener
- Anti-Bac Hand Gel
- Children's Toothbrush/Paste
- Tissues (small packs)
- Nappies (all sizes)
- Baby Wipes
- Baby Lotion
- Baby Wash/Shampoo
- Sanitary Towels/Tampons
- Toilet Roll
- Shaving Gel/Foam (not razors)
- Washing Up Liquid
- Small Boxes of Washing  
Powder

**Please Note:** Any items that contain a sell by date need to be within its self by date, we cannot accept anything out of date. We also cannot accept anything containing alcohol.

Thank you for your consideration and donation.