

Food items currently needed April 2024

Women and children arriving at refuge without being able to bring food with them may not be able to access a food bank immediately. BCWA aim to provide them with some essential food products for an initial meal.

Below is a list of store cupboard items currently needed if you are looking for ideas of what to donate.

Tinned:

- Fish eg Tuna, salmon, pilchards, sardines
- Meat (not ham) eg Fray Bentos , chicken in sauce, beef casserole/stew, vegetarian curry, Irish stew, chilli con carne
- Vegetables eg tomatoes, sweet corn, peas, ratatouille, carrots, lentils.
- Fruit eg peaches, mandarins, fruit cocktail, pineapple, pear.

General:

Soup

Custard

Dessert pots

Jam/Honey

Sugar

Coffee/tea

Long Life Milk

Rice/couscous/noodles

Cook in sauces

Biscuits

Cereal

Vegetable oil

We are unable to accept fresh food.

With gratitude,

Vivienne Barker

BCWA Donations Coordinator

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