

## **Food items currently needed July 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

volunteer@bcwa.org.uk