

SUTTON COLDFIELD BAPTIST CHURCH  
**FOOD BANK COLLECTION**

**WE NEED YOUR HELP!**

We are collecting food, warm clothing and other essentials to donate to the Sutton Coldfield Baptist Church Food Bank.

**>400**  
PEOPLE VISITED  
THE FOODBANK  
IN 2019

**14%**  
SINGLE  
WOMEN

**25%**  
FAMILIES

**60%**  
SINGLE MEN

**2500**  
PARCELS  
HANDLED OUT  
THIS YEAR

**SUGGESTIONS FOR  
YOUR PARCEL**

**WARMING  
FOOD:**

Porridge  
Hot chocolate  
Chilli  
Curry  
Stew  
Soup

**ESSENTIALS:**

Shampoo  
Shower gel  
Toothbrushes  
Soap  
Toilet Rolls  
Deodorant

**MENS:**

Scarves  
Gloves  
Hats  
Underwear  
Socks

**FESTIVE TREATS:** Chocolates, Biscuits



Hand items to tutors or Mrs Williams' office  
**Monday, 25 November to Friday, 6 December.**

For further information please speak to a member of the Equalities Group, Mrs Williams, Ms Ahmed or Miss Lawley.

**PLEASE NOTE:** All goods need to be well within the **best before date** and **not need refrigeration.**