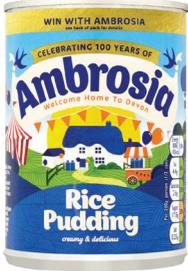


Please donate as many tins & packets as you can



Birmingham City Mission's food bank at the Resource Centre provides over 150 food parcels each month for individuals and families in need. If you are able, please help by donating non-perishable food items and toiletries, for example:

- Coffee, tea & hot chocolate
- Milk (UHT or powdered) & sugar
- Tinned potatoes, vegetables & tomatoes
- Pasta, rice & noodles
- Spaghetti hoops
- Tinned meat & fish
- Tinned fruit, rice pudding & custard
- Cereals & biscuits
- Jam & marmalade
- Toothpaste, soap, shower gel & shampoo
- Toilet rolls & nappies
- Deodorant & sanitary products

Birmingham City Mission Resource Centre

The Clock Tower, 2 Langdon Street

Birmingham B9 4BP

Tel: 0121 766 6603

Opening hours:

Tuesday to Thursday from 10am to 4pm

birminghamcitymission.co.uk

Reg Charity No. 1051023