

Friday 10th October 2025



FOOD BANK FRIDAY COLLECTION

for The Well

Shopping list of suggested donation items:

- * Milk (UHT or powdered)
 - * Cereal
 - * Tea/Coffee
 - * Sugar
 - * Jam/spreads
 - * Squash/Fruit Juice (UHT)
 - * Meat/fish (Tinned)
 - * Pasta/Rice/Noodles (dried)
 - * Couscous/Pulses
 - * Soup (tinned)
 - * Vegetables (Tinned)
 - * Pasta /cooking sauce (Jar)
 - * Fruit/Puddings/(custard Tinned)
 - * Snacks/biscuits
 - * Nappies (any size, sealed pack)
 - * Baby wipes/Toiletries
 - * Baby food (long use by date)
 - * Ladies/Men's toiletries
 - * Household cleaning products
- NO BAKED BEANS PLEASE**



Right now, many families in our area are facing food insecurity. Your contribution to our Food Bank Friday collection can make a real difference.

Please remember all food/toiletries/baby items donated need to be...

- **non-perishable**, so **no fresh food**
- **at least 2 weeks within it's 'best before end' (BBE) or 'sell by' date** when we receive it
- **in sealed packaging/undamaged tins**

Please send all donations into school on the morning of **Friday 27th June 2025** (no earlier please as we have nowhere to store donations).

Thank you for helping to support The Well and local families in need.

Learn more at

<https://www.thewellwolverhampton.co.uk/>