

Action Zone

We have a new zone for this All- In service. As we can't donate food in the usual way we want to encourage you to explore alternative ways to donate food or money during this year's Harvest Festival season. Here are just a few options we have found, but you may have a charity that you already support in some way.



All information about giving can be found on their website <https://b30.foodbank.org.uk/give-help/>

You can still donate food to their warehouses as well as food drop off points found in many local supermarkets and banks in the local area. Their warehouse is open Tuesdays and Thursdays and can be found at B30 Foodbank Warehouse, Unit 17, Castle Road, Kings Norton Business Park, B30 3HZ

If you are unable to take food items to a collection point maybe you could think about making a monetary donation. The money raised goes towards things like fuel for the collection van.

Here is information about how you can give financially

Gifts can be paid directly into The B30 Foodbank's bank account...

B30 Foodbank

Lloyds bank Sort Code 77-85-14

Account Number 34292560

Cheques payable **B30 Foodbank** can be sent to

B30 foodbank

The Cotteridge Church

24 Pershore Road South

BIRMINGHAM B30 3EJ

- The Parnell's have a box outside their house for people to place donations in. These go to the B30 Foodbank. If you are out for a walk they are just a short distance from the church and would love to receive your donations which they will then make sure get to the correct destination. Their address is in the church address book.

Each week the B30 Food bank update their lists of things that they need and things they are ok for. Here is this week's list.

Urgently needed: Smash, rice pudding, tinned potato, custard, hot chocolate, Blue milk long life. Long life fruit juice, 500g bags of sugar, bottles of squash, macaroni cheese, toothpaste, single wrapped toothbrushes, disposable razors, shampoo, deodorant, laundry liquid/powder, 5&6 nappies, sturdy bags for life size

Lower in Stock: treats tinned fruit, tinned spaghetti, noodles, jam, squash, rice, toilet roll, cereal.

Well stocked: tea coffee fish meat vegetables pasta sauce, biscuits, shower gel soap toilet roll,



Morrisons new store in Stirchley have readymade food bags that you can pick up as you go into store. You then pay for them at the till and then put them in the foodbank trolleys before you leave the store. These bags contain essential items such as long life milk, canned food, cereals, rice and pasta.

If you want to support another charity which helps to support people who are in danger of, or are already in Food poverty then you could also give financially to:



Or



Contact Rachel Fasham (TLG) or Judy Ward (CAP) for more information on how to do this.