



# BCC's Lent Journey

## Live on a Food Parcel

### SHOPPING LIST

Milk (UHT or powdered)

Fruit juice (long life)

Soup

Pasta sauces

Tinned sponge pudding

Tinned tomatoes

Tinned vegetables

Cereals

Tinned rice pudding

Tea bags/instant coffee

Instant mash potato

Rice/pasta

Tinned Meat/fish

Tinned fruit

Jam

Biscuits or snack bars



Raising Awareness for  
Birmingham Central Foodbank  
a project of Birmingham City Church



# Could you live on a food parcel for 3 days?

Every week our Foodbank provides 3-day emergency food parcels to local individuals and families in crisis.

Whilst each parcel is nutritionally balanced and includes a variety of food, there just isn't the same choice that we take for granted every time we go food shopping.

The reasons for receiving a food parcel are varied. Many people find themselves in need because of circumstances beyond their control.

With this challenge we hope to raise awareness of the reality that people face in our community.

**We want to encourage you to take part, share your experience, and pray as you identify with those in need.**

*Choose your food list...*





# One Person 3 Day Food Parcel

*All items are tinned or packaged.  
No fresh or frozen food.*

Item	Allocation
Cereal	1 standard box
Soup (can)	2 standard
Beans/Spaghetti in sauce	2 standard
Tinned tomatoes	1 standard
Tea or coffee	40 bags/small jar
Jar pasta sauce	1 standard
Tinned Vegetables	2 standard
Tinned Meat	2 standard
Tinned Fish	1 small
Or Tinned Vegetarian	2 standard
Pasta or Rice or Noodles	500g
Tinned Fruit	1 standard
Tinned Rice pudding/custard	1 standard
Sugar	15 sachets
Milk UHT	1 litre
Biscuits	1 small packet
Long-life juice or squash	1 litre

**Extra items when available:** Treats

For e.g.: x2 mugshots, x2 noodles, 3 bags of crisps,  
a few small chocolate bars

Each parcel is designed to last for a minimum of 3 days.  
Please alter your list to suit dietary requirements and preferences. We make sure that all our parcels are tailored to the individual's needs.

*If your diet is controlled for medical reasons, or you are pregnant please consult your doctor before taking part.*





# Two Person 3 Day Food Parcel

*All items are tinned or packaged.  
No fresh or frozen food.*

Item	Allocation
Cereal	1 medium box
Soup (can)	2 standard
Beans/Spaghetti in sauce	2 standard
Tinned tomatoes	1 standard
Tea or coffee	40 bags/small jar
Jar pasta sauce	1 standard
Tinned Vegetables	2 standard
Tinned Meat	2 standard
Tinned Fish	2 small
Or Tinned Vegetarian	2 standard
Pasta or Rice or Noodles	1kg
Tinned Fruit	1 standard
Tinned Rice pudding/custard	1 standard
Sugar	30 sachets
Milk UHT	1 litre
Biscuits	1 medium packet
Long-life juice or squash	1 litre

**Extra items when available:** Treats

For e.g.: x2 mugshots, x2 noodles, 4 bags of crisps,  
a few small chocolate bars

Each parcel is designed to last for a minimum of 3 days.  
Please alter your list to suit dietary requirements and preferences. We make sure that all our parcels are tailored to the individual's needs.

*If your diet is controlled for medical reasons, or you are pregnant please consult your doctor before taking part.*





# 3-4 Person Family 3 Day Food Parcel

*All items are tinned or packaged.  
No fresh or frozen food.*

Item	Allocation
Cereal	1 large box
Soup (can)	4 standard
Beans/Spaghetti in sauce	4 standard
Tinned tomatoes	2 standard
Tea or coffee	80 bags/medium jar
Jar pasta sauce	2 standard
Tinned Vegetables	4 standard
Tinned Meat	3 standard
Tinned Fish	4 small
Or Tinned Vegetarian	2 standard
Pasta or rice or noodles	1.5kg
Instant Mash	1 packet
Tinned Fruit	2 standard
Tinned Rice pudding/custard	2 standard
Sugar	500g
Milk UHT	2 litre
Biscuits	1 large packet
Long-life juice or squash	1 litre

### **Extra items when available:** Treats

For e.g.: x3 mugshots, x3 noodles, 4 bags of crisps, a few small chocolate bars, sweets for children

Each parcel is designed to last for a minimum of 3 days. Please alter your list to suit dietary requirements and preferences. We make sure that all our parcels are tailored to the individual's needs.

*If your diet is controlled for medical reasons, or you are pregnant please consult your doctor before taking part.*





# 5+ Person Family 3 Day Food Parcel

*All items are tinned or packaged.  
No fresh or frozen food.*

Item	Allocation
Cereal	1 large box
Soup (can)	6 standard
Beans/Spaghetti in sauce	6 standard
Tinned tomatoes	3 standard
Tea or coffee	80 bags/large jar
Jar pasta sauce	3 standard
Tinned Vegetables	5 standard
Tinned Meat	3 standard
Tinned Fish	5 small
Or Tinned Vegetarian	2 standard
Pasta	2kg
Instant Mash	2 packets
Tinned Fruit	3 standard
Tinned Rice pudding/custard	2 standard
Sponge Pudding	2 standard
Sugar	500g
Milk UHT	3 litres
Biscuits	1 large packet
Long-life juice or squash	1 litre

**Extra items when available:** Treats

For e.g.: x3 mugshots, x3 noodles, 5 bags of crisps, a few small chocolate bars, sweets for children

Each parcel is designed to last for a minimum of 3 days. Please alter your list to suit dietary requirements and preferences. We make sure that all our parcels are tailored to the individual's needs.

*If your diet is controlled for medical reasons, or you are pregnant please consult your doctor before taking part.*





# Share your experience

Let us know that you're taking part:

 [@BirmCFoodbank](https://twitter.com/BirmCFoodbank)

 [facebook/birminghamcentralfoodbank](https://facebook.com/birminghamcentralfoodbank)

[info@birminghamcentral.foodbank.org.uk](mailto:info@birminghamcentral.foodbank.org.uk)

Share, post, and send us your updates!

Don't forget to pray for those in need in our community, and ask God to speak to you during this experience.

# #morethanfood



# BCC's Lent Journey

# Thank You!

For more  
information  
about our  
foodbank  
please visit our  
website or call  
0121 236 2997



bcc.life

[www.birminghamcentral.foodbank.org.uk](http://www.birminghamcentral.foodbank.org.uk)

Birmingham Central Foodbank is part of The Trussell Trust Network