

GIVE IN LENT CALENDAR

Donate food for the 40 days of Lent.

Please deliver donations to our distribution centres or call the office to arrange collection. Check to find out the opening times of our distribution centres during Lent.

www.thefoodbank.org.uk | 07502 311452

Registered Charity Number: 1067541 (England & Wales)

18 FEBRUARY

TINNED PEACHES ¹	EASTER EGG (SMALL) ²	APPLE JUICE (UHT) ³	SPONGE PUDDING (LONG LIFE) ⁴
JAM ⁵	BISCUITS ⁶	TOMATO SOUP ⁷	TINNED TUNA ⁸
RICE ⁹	INSTANT COFFEE (200G) ¹⁰	TINNED HOTDOGS ¹¹	UHT MILK (WHOLE) ¹²
TINNED PEAS ¹³	TINNED TOMATOES ¹⁴	TOILET ROLL ¹⁵	TINNED SWEETCORN ¹⁶
CUSTARD ¹⁷	ORANGE JUICE (UHT) ¹⁸	DEODORANT ¹⁹	TINNED MEATBALLS ²⁰
PLASTIC CARRIER BAGS/ BAGS FOR LIFE ²¹	TINNED SPAGHETTI ²²	SHOWER GEL ²³	PINEAPPLE JUICE (UHT) ²⁴
INSTANT MASHED POTATO ²⁵	MARMALADE ²⁶	TINNED MANDARINS ²⁷	SPONGE PUDDING (LONG LIFE) ²⁸
RICE PUDDING ²⁹	TINNED FRUIT COCKTAIL ³⁰	LAUNDRY DETERGENT ³¹	TINNED STEW ³²
WASHING UP LIQUID ³³	TINNED PINEAPPLE ³⁴	TINNED CARROTS ³⁵	SHAMPOO ³⁶
UHT MILK (SEMI-SKIMMED) ³⁷	TINNED POTATOES ³⁸	INSTANT COFFEE (100G) ³⁹	VEGETABLE SOUP ⁴⁰

4 APRIL



**SCAN TO DONATE FULL COST
 OF APPEAL VIA STEWARDSHIP
 £46.36**