



Give In Lent Calendar

Donate food for the 40 days of Lent. Please check to find out the opening times during Lent and to check if there is anything in particular we're running short of. You can find our food bank details here: www.thefoodbank.org.uk

5 March			
1 Tinned peaches	2 UHT milk	3 Long life fruit juice	4 Sponge pudding (long life)
5 Jam	6 Biscuits	7 Soup	8 Tinned tuna
9 Rice	10 Instant coffee (200g)	11 Tinned hotdogs	12 UHT milk (whole)
13 Tinned peas	14 Tinned tomatoes	15 Toilet roll	16 Tinned sweetcorn
17 Custard	18 Long life fruit juice	19 Deodorant	20 Tinned meatballs
21 Plastic carrier bags/ bags for life	22 Tinned spaghetti	23 Shower gel	24 Lentils
25 Instant mashed potato	26 Marmalade	27 Tinned mandarins	28 Custard
29 Rice pudding	30 Washing up liquid	31 Laundry detergent	32 Tinned stew
33 Toothpaste	34 Tinned pineapple	35 Tinned carrots	36 Shampoo
37 UHT milk (semi-skimmed)	38 Tinned potatoes	39 Instant coffee (100g)	40 Easter egg (small)
17 April			

07502 311452
www.thefoodbank.org.uk

Please deliver food donations to any of our six distribution centres or give the office a call to arrange collection.