

GIVE IN LENT CALENDAR

Please check to find out the opening times of centres 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 or use the BankTheFood app.

14 February			
Tinned fruit  1	UHT milk  2	Squash  3	Long life sponge pudding  4
Jam  5	Biscuits  6	Soup  7	Tinned fish  8
Rice  9	Coffee (instant)  10	Cooking sauce  11	Cereal  12
UHT milk  13	Tinned tomatoes  14	Toilet roll  15	Tinned vegetables  16
Custard  17	Long life fruit juice  18	Deodorant  19	Tinned meat  20
Chocolate bars  21	Crackers  22	Shower gel  23	Lentils  24
Instant mashed potato  25	Angel Delight  26	Nappies (Size 3+ only)  27	Custard  28
Crisps  29	Washing up liquid  30	Laundry detergent  31	Tinned meat pie  32
Toothpaste  33	Peanut butter  34	Tinned tomatoes  35	Shampoo  36
Tinned vegetables  37	Tinned potatoes  38	Coffee (instant)  39	Tinned meat pie  40
			30 March

www.thefoodbank.org.uk
info@thefoodbank.org.uk
07502 311452

Please deliver food donations to your local Foodbank Centre in Whitehaven, Workington, Cockermouth, Egremont, Maryport or Wigton or the Warehouse by arrangement (07502 311452).

The North Lakes Foodbank is registered charity in England and Wales (1067541).

