

Give in Lent Calendar

Donate food for the 40 days of Lent. Please visit our website to find out our opening times during Lent and to see if there is anything in particular we're running short of. Thank you!
southliverpool.foodbank.org.uk

| 5 March | | | |
|-----------------------------|-----------------------------|------------------------|--------------------------------|
| 1 Tinned fruit | 2 UHT milk | 3 Squash | 4 Custard |
| 5 Jam | 6 Biscuits | 7 Tinned peaches | 8 Laundry detergent |
| 9 Hot dogs | 10 Coffee (instant) | 11 Pot noodles | 12 Long life sponge pudding |
| 13 UHT milk | 14 Tinned tomatoes | 15 Toilet roll | 16 Tinned vegetables |
| 17 Custard | 18 Long life fruit juice | 19 Deodorant | 20 Tinned meat |
| 21 Chocolate bars | 22 Tinned meat | 23 Shower gel | 24 Tinned rice pudding |
| 25 Instant mashed potato | 26 Angel Delight | 27 Nappies (size 6) | 28 Custard |
| 29 Instant noodles | 30 Washing up liquid | 31 Tinned fish | 32 Tinned meat pie |
| 33 Toothpaste | 34 Peanut butter | 35 Tinned tomatoes | 36 Shampoo |
| 37 Tinned vegetables | 38 Savoury crackers | 39 Tea bags | 40 Tinned meat pie |

17 April

Visit our website to find out how to donate and to check opening times.
Thank you! www.southliverpool.foodbank.org.uk