

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

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

17 April

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