

Donate food to your local food bank during the 40 days of Lent. Find out more details about your local food bank including the items they most need here: trussell.org.uk/donate-food

18 February

1 Tinned fruit	2 UHT milk	3 Squash	4 Long life sponge pudding
5 Jam	6 Biscuits	7 Soup	8 Tinned fish
9 Rice	10 Coffee (instant)	11 Cooking sauce	12 Cereal
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 Crackers	23 Shower gel	24 Lentils
25 Instant mashed potato	26 Angel Delight	27 Nappies	28 Custard
29 Crisps	30 Washing up liquid	31 Laundry detergent	32 Tinned meat pie
33 Toothpaste	34 Peanut butter	35 Tinned tomatoes	36 Shampoo
37 Tinned vegetables	38 Tinned potatoes	39 Coffee (instant)	40 Tinned meat pie

2 April