

Donate for the 40 days of Lent.

18 February

Tinned fruit <b>1</b>	UHT milk <b>2</b>	Jelly <b>3</b>	Long life sponge pudding <b>4</b>
Jam <b>5</b>	Biscuits <b>6</b>	Soup <b>7</b>	Tinned fish <b>8</b>
Rice <b>9</b>	Coffee (instant) <b>10</b>	Cooking sauce <b>11</b>	Cereal <b>12</b>
UHT milk <b>13</b>	Tinned tomatoes <b>14</b>	Toilet roll <b>15</b>	Tinned carrots <b>16</b>
Custard <b>17</b>	Long life fruit juice <b>18</b>	Deodorant <b>19</b>	Tinned meat <b>20</b>
Chocolate bars <b>21</b>	Crackers <b>22</b>	Shower gel <b>23</b>	Instant noodles <b>24</b>
Instant mashed potato <b>25</b>	Angel Delight <b>26</b>	Hot chocolate <b>27</b>	Soap <b>28</b>
Crisps <b>29</b>	Washing up liquid <b>30</b>	Laundry detergent <b>31</b>	Tinned sweetcorn <b>32</b>
Toothpaste <b>33</b>	Peanut butter <b>34</b>	Instant pasta <b>35</b>	Shampoo <b>36</b>
Tinned peas <b>37</b>	Tinned potatoes <b>38</b>	Tea <b>39</b>	Tinned meat pie <b>40</b>

2 April

**02920 484120**

[cardiff.foodbank.org.uk](http://cardiff.foodbank.org.uk)

Registered Charity Number: 1139456 | Registered in England & Wales

Please deliver food donations to:  
Unit G, Cardiff Bay Business Centre,  
Titan Road, Cardiff, CF24 5BS

Monday – Friday 9.30 am – 1.30pm