

Collect 1 item from the calendar  
for the 40 Days of Lent

<b>18th February</b> 1	2	3	4
Tinned Fruit	UHT Milk	Minced Beef & Onions	Rice 500g
5	6	7	8
Jam	Biscuits	Vegetable Soup	Tinned Tuna
9	10	11	12
Microwave Rice	Pasta Sauce	Meat Soup	Cereal
13	14	15	16
Tinned Carrots	Tinned Tomatoes	Toilet Roll	Tinned Sweetcorn
17	18	19	20
Custard	Single Packs of Mash	Deodorant	Tinned Curry
21	22	23	24
Chocolate Bars	Baked Beans	Shower Gel	Rice Pudding
25	26	27	28
Tinned mixed Peas & Carrots	40 Tea Bags	Minced Beef & Onions	Tinned Custard
29	30	31	32
Pasta Sauce	Box of instant Mash	500g Dried Pasta	Tinned Macaroni Cheese
33	34	35	36
Toothpaste	Microwave Rice	Tinned Tomatoes	Tinned Spaghetti
37	38	39	40
Tinned Peas	Tinned Potatoes	Tinned Chilli	Shampoo
			<b>2<sup>nd</sup> April</b>

All food items need to be tinned or dried, unopened, and in date. For more information about the Foodbank, please visit [southend.foodbank.org.uk](http://southend.foodbank.org.uk)

Please deliver food donations to:  
Friendship House, 484 Southchurch Road,  
Southend on Sea, SS1 2QA  
Monday, Tuesday and Thursday mornings