

Give in Lent Calendar

Donate food for the 40 days of Lent. Please check to find out the opening times during Lent and to check if there is anything in particular we're running short of. You can find our details here: www.stalbandsdistrict.foodbank.org.uk

5 March			
Tinned fruit 1	UHT milk 2	Squash 3	Long life sponge pudding 4
Jam 5	Biscuits 6	Soup 7	Tinned fish 8
Rice 9	Pasta 10	Cooking sauce 11	Cereal 12
Tea Bags (40/80) 13	Tinned tomatoes 14	Toilet roll 15	Tinned vegetables 16
Custard 17	UHT fruit juice 18	Deodorant 19	Tinned meat 20
Chocolate bars 21	Crackers 22	Shower gel 23	Tinned Vegetable Curry 24
Instant mashed potato 25	Angel Delight 26	Rice Pudding 27	Custard 28
Crisps 29	Washing up liquid 30	Instant Noodles 31	Tinned meat pie 32
Toothpaste 33	Peanut butter 34	Tinned tomatoes 35	Shampoo 36
Tinned vegetables 37	Tinned potatoes 38	Baked Beans 39	Tinned veggie pie 40

17 April

01727 613019
www.stalbandsdistrict.foodbank.org.uk

Please deliver food donations to:
Unit 3, Redbourn Industrial Park, High Street, Redbourn, St Albans, AL3 7LG