

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 food bank details here: bournemouth.foodbank.org.uk

5 March

UHT milk 1	Coffee (instant) 2	Cream crackers 3	Tinned pulses 4
Instant noodles/rice 5	Hot chocolate 6	Peanut butter 7	Sweet treats 8
Easter egg 9	Juice carton 10	Milk (powdered) 11	Curry sauce jar 12
Shampoo 13	Squash 14	Biscuits 15	Chocolate 16
Crisps (multipack) 17	Nuts 18	Tinned tomatoes 19	UHT milk 20
Mini cereal boxes 21	Tinned meat (ring pull) 22	Tinned fruit (ring pull) 23	'Free from' treats 24
'Free from' cereal 25	'Free from' biscuits 26	Milk (powdered) 27	Sweet and sour sauce jar 28
Coffee (instant) 29	Pot noodles 30	Cream crackers 31	Peanut butter 32
Beans (small ½ tins) 33	Toilet rolls 34	Biscuits 35	Angel delight 36
Conditioner 37	Tin opener 38	Easter egg/treat 39	Download the app! 40

17 April

01202 394505

bournemouth.foodbank.org.uk

Registered Charity Number: 1143446

Please deliver food donations to:
118 Haviland Road, BH7 6HW or find how to
donate here: bournemouth.foodbank.org.uk

