

Give in Lent

Help support your food bank this Lent

In the six weeks of Lent, the food bank will provide emergency food parcels for local individuals and families facing hardship.

Donate food



Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your community.

Donate money



Help to cover the costs of storing and distributing food, as well as developing sustainable projects.

Shopping list

Milk (UHT or powdered)

Coffee (instant)

Cream crackers

Tinned pulses

Instant noodles/ rice

Hot chocolate

Peanut butter

Sweet treats

Easter egg

Juice carton

Bournemouth Foodbank
bournemouth.foodbank.org.uk

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[Bournemouth.foodbank.org.uk](https://bournemouth.foodbank.org.uk)
Registered Charity Number 1143446

