

GIVE IN LENT CALENDAR

14 February Tinned cold meat (i.e. Corned Beef) 1	Long life Milk (small carton) 2	Squash 3	Tinned sponge pudding 4
Jam 5	Tinned hot meat 6	Tinned rice pudding 7	Instant mash potato 8
Rice (500g bag) 9	Coffee (instant small jar) 10	Ladies shampoo and conditioner 11	Sugar (500g bag) 12
Tinned tomatoes 13	Nappies sizes 4,5 and 6 14	Tinned vegetables 15	Long Life sponge puddings 16
Instant mash potato 17	Female deodorant 18	Long life Milk (small carton) 19	Tin opener 20
Tinned rice pudding 21	Tinned hot meat 22	Shower gel 23	Gluten Free alternatives 24
Instant mashed potato 25	Tinned fruit 26	Coffee (instant small jar) 27	Jam 28
Shampoo and conditioner 29	Long life sponge pudding 30	Cat/Dog food 31	Squash (small bottles) 32
Tinned rice pudding 33	Tinned cold meat (i.e. Spam) 34	Instant mash potato 35	Gluten Free alternatives 36
Tinned vegetables 37	Rice (500g bag) 38	Tampons 39	30 March Tinned fruit 40

For information on where to make your donations please visit
<https://braintreearea.foodbank.org.uk/give-help/collection-points/>

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