

# 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: [oswestryandborders.foodbank.org.uk](http://oswestryandborders.foodbank.org.uk)

5 March

Cereal <b>1</b>	UHT milk <b>2</b>	Squash <b>3</b>	Tinned rice pudding <b>4</b>
Jam <b>5</b>	Biscuits <b>6</b>	Soup <b>7</b>	Tinned ham <b>8</b>
Rice <b>9</b>	Coffee (instant) <b>10</b>	Cooking sauce <b>11</b>	Tea <b>12</b>
UHT milk <b>13</b>	Tinned tomatoes <b>14</b>	Toilet roll <b>15</b>	Tinned vegetables <b>16</b>
Custard <b>17</b>	Long life fruit juice <b>18</b>	Deodorant <b>19</b>	Tinned meat <b>20</b>
Chocolate bars <b>21</b>	Crackers <b>22</b>	Shower gel <b>23</b>	Lentils <b>24</b>
Instant mashed potato <b>25</b>	Tinned fruit <b>26</b>	Nappies & wipes <b>27</b>	Custard <b>28</b>
Crisps <b>29</b>	Washing up liquid <b>30</b>	Laundry detergent <b>31</b>	Tomato Sauce <b>32</b>
Toothpaste <b>33</b>	Instant Noodles <b>34</b>	Tinned tomatoes <b>35</b>	Shampoo <b>36</b>
Tinned vegetables <b>37</b>	Porridge oats <b>38</b>	Coffee (instant) <b>39</b>	Shower Gel <b>40</b>

17 April

**0300 10 20 110**  
[oswestryandborders.foodbank.org.uk](http://oswestryandborders.foodbank.org.uk)

Registered Charity Number: 1143519 | Registered in England & Wales

Please deliver food donations to:  
56 Beatrice Street  
Oswestry,  
SY11 1QZ