

# 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

Tinned meat/fish

Tinned veg/fruit

Cooking sauces

Coffee/tea

Milk (UHT)

Cereals

Tinned soup

Tinned pudding

Jams & spreads

Biscuits & treats

**Oswestry & Borders Foodbank**  
[Oswestryandborders.foodbank.org.uk](https://oswestryandborders.foodbank.org.uk)

Registered Charity in England & Wales (1143519).

