

# Give in Lent

## Help support your local food bank this Lent

In the six weeks of Lent, our food bank will provide hundreds of emergency food parcels for local people, families and children 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

Tinned tomatoes

Instant coffee

Milk (UHT or powdered)

Laundry detergent

Fruit juice (long-life)

Tinned custard

Jam

Instant mashed potato

**Thank you!** Visit our website or scan the QR code to find out how and where to donate.

**[southliverpool.foodbank.org.uk](https://southliverpool.foodbank.org.uk)**

Registered Charity in England & Wales (1156466)

