

Donate food for the 40 days of Lent. Please visit our website to find out our opening times during Lent and to see if there is anything in particular we're running short of. Thank you!
southliverpool.foodbank.org.uk

5 March

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|---------------------------------|---------------------------------|----------------------------|------------------------------------|
| Tinned fruit 1 | UHT milk 2 | Squash 3 | Custard 4 |
| Jam 5 | Biscuits 6 | Soup 7 | Laundry detergent 8 |
| Rice 9 | Coffee (instant) 10 | Pot noodles 11 | Long life sponge pudding 12 |
| UHT milk 13 | Tinned tomatoes 14 | Toilet roll 15 | Tinned vegetables 16 |
| Custard 17 | Long life fruit juice 18 | Deodorant 19 | Tinned meat 20 |
| Chocolate bars 21 | Tinned meat 22 | Shower gel 23 | Tinned rice pudding 24 |
| Instant mashed potato 25 | Angel Delight 26 | Nappies (size 6) 27 | Custard 28 |
| Instant noodles 29 | Washing up liquid 30 | Tinned fish 31 | Tinned meat pie 32 |
| Toothpaste 33 | Peanut butter 34 | Tinned tomatoes 35 | Shampoo 36 |
| Tinned vegetables 37 | Tinned potatoes 38 | Tea bags 39 | Tinned meat pie 40 |

17 April

Visit our website to find out how to donate and to check opening times.
Thank you! www.southliverpool.foodbank.org.uk