

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: rugby.foodbank.org.uk

18 February

Tinned fruit 1	UHT milk 2	Squash 3	Razors 4
Jam 5	Dried milk 6	Tinned soup 7	Tinned fish 8
Rice 500gm 9	Coffee (instant) 10	Tinned meat 11	Snack meals 12
Hot chocolate (instant) 13	Tinned tomatoes 14	Toilet roll 15	Tinned vegetables 16
Tea 17	Tinned rice pudding 18	Deodorant 19	Cooking sauce 20
Cuppa-soup 21	Chocolate spread 22	Lentils and pulses 23	Shower gel 24
Instant mashed potato 25	Jelly pots 26	Nappies size 5 or 6 27	Custard 28
Tinned potatoes 29	Washing up liquid 30	Soap 31	Tinned meat pie 32
Toothpaste 33	Peanut butter 34	Porridge/cereal 35	Shampoo 36
Pot/packet noodles 37	Ketchup/mayo 38	Flour 39	Toothbrush 40

2 April

07557 680019
rugby.foodbank.org.uk

Registered Charity Number:1126487 | Registered in England & Wales

Please deliver food donations to:
Rugby Foodbank, Lawn and Retreat
Building, Newbold Road, Rugby,
CV231 2 LN