

# GIVE IN LENT CALENDAR

Collect an item from our calendar for every day of Lent, from 14<sup>th</sup> February to 30<sup>th</sup> March (Holy Saturday). Sundays are excluded!  
Send us a photo of you with your collection, then drop it off to our warehouse (details below).



<b>14 February</b>			
Tinned fruit <b>1</b>	UHT Milk <b>2</b>	Squash <b>3</b>	Tinned Spaghetti <b>4</b>
Jam <b>5</b>	Biscuits <b>6</b>	Vegetable Soup <b>7</b>	Tinned fish <b>8</b>
Microwave Rice <b>9</b>	Instant Coffee <b>10</b>	Pasta sauce <b>11</b>	Cereal <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 Ham <b>20</b>
Chocolate bars <b>21</b>	Tinned Fruit <b>22</b>	Nappies <b>23</b>	Tinned Curry <b>24</b>
Instant mashed potato <b>25</b>	Tinned Macaroni Cheese <b>26</b>	Shower Gel <b>27</b>	Tinned Potatoes <b>28</b>
Crisps <b>29</b>	Rice <b>30</b>	Tinned Meatballs <b>31</b>	Tinned Chilli <b>32</b>
Hot Dogs <b>33</b>	Peanut butter <b>34</b>	Tinned tomatoes <b>35</b>	Rice Pudding <b>36</b>
Tinned vegetables <b>37</b>	Hot Chocolate <b>38</b>	Tea Bags (40s) <b>39</b>	<b>30 March</b> Tinned Meat Pie <b>40</b>

**Please deliver food donations to:** Friendship House, 484 Southchurch Road, Southend on Sea, SS1 2QA. The best days for this are Monday, Tuesday and Thursday mornings.

**Email us your photos of you with your collection to:**  
newsletter@southend.foodbank.org.uk

Southend Foodbank is registered charity in England and Wales. Reg. Charity No. 1163160