

Give in Lent Calendar

Can you take up the challenge of donating food for the 40 days of Lent? Whilst we welcome all donations, our parcels are going to individuals and families who often have to carry their food home, so we particularly prefer individual tins or packets rather than large catering bags. You can find our food bank details at salford.foodbank.org.uk

18 February

Tinned fruit 1	UHT milk 2	Squash 3	Rice pudding 4
Jam 5	Biscuits 6	Soup 7	Tinned fish 8
Rice 9	Coffee (instant) 10	Cooking sauce 11	Cereal 12
Honey 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	Crackers 22	Shower gel 23	Lentils 24
Instant mashed potato 25	Soap 26	Toothbrushes 27	Instant noodles 28
Crisps 29	Washing up liquid 30	Laundry detergent 31	Kidney beans 32
Toothpaste 33	Chickpeas 34	Cooking oil 35	Shampoo 36
Tea 37	Tinned potatoes 38	Pasta 39	Tinned meat pie 40

2 April

0161 637 2120

salford.foodbank.org.uk

Registered Charity Number: 1150870 | Registered in England & Wales

Please deliver food donations to:
4 Kansas Avenue, Salford, M50 2GL
We are open 9am-3pm, Monday to Friday