



**40 PENCE
FOR
40 DAYS**

***Can you take part in our
40 for 40 challenge this Lent?***

By giving up 40 pence a day for the 40 days of Lent
you can raise enough to help support
a local family in crisis this Easter.

eppingforest.foodbank.org.uk



*All you have to do is
find an old jam jar, or
similar container and
start collecting!*

