

# 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: [eppingforest.foodbank.org.uk](http://eppingforest.foodbank.org.uk)

5 March

<b>1</b> Tinned fruit	<b>2</b> UHT milk	<b>3</b> Squash	<b>4</b> Long life sponge pudding
<b>5</b> Jam	<b>6</b> Biscuits	<b>7</b> Soup	<b>8</b> Tinned fish
<b>9</b> Rice	<b>10</b> Coffee (instant)	<b>11</b> Cooking sauce	<b>12</b> Cereal
<b>13</b> UHT milk	<b>14</b> Tinned tomatoes	<b>15</b> Toilet roll	<b>16</b> Tinned vegetables
<b>17</b> Custard	<b>18</b> Long life fruit juice	<b>19</b> Deodorant	<b>20</b> Tinned meat
<b>21</b> Chocolate bars	<b>22</b> Crackers	<b>23</b> Shower gel	<b>24</b> Lentils
<b>25</b> Instant mashed potato	<b>26</b> Sponge puddings	<b>27</b> Nappies	<b>28</b> Custard
<b>29</b> Crisps	<b>30</b> Washing up liquid	<b>31</b> Laundry detergent	<b>32</b> Tinned meat pie
<b>33</b> Toothpaste	<b>34</b> Peanut butter	<b>35</b> Tinned tomatoes	<b>36</b> Shampoo
<b>37</b> Tinned vegetables	<b>38</b> Tinned potatoes	<b>39</b> Coffee (instant)	<b>40</b> Tinned meat pie

17 April

0300 102 9808  
[eppingforest.foodbank.org.uk](http://eppingforest.foodbank.org.uk)

Please deliver food donations to:  
24 Oakwood Hill Industrial Estate,  
Loughton, Essex, IG10 3TZ