



Stroud District
Foodbank
Together with Trussell

Give in Lent Calendar

Please help a local family in need this Spring? Please join our 40 Days of Giving in the lead-up to Easter! Your donations make a real difference.

5 March

1 Tinned Ham	2 UHT Milk	3 Squash	4 Tinned Fruit
5 Jam	6 Biscuits	7 Packet Soup	8 Shower Gel
9 Rice	10 Coffee (instant)	11 Pasta Sauce	12 Tinned Sweetcorn
13 Fray Bentos Pie	14 Tinned Tomatoes	15 Toilet Roll	16 Tinned Peas
17 Custard	18 Long life Fruit Juice	19 Deodorant	20 Tinned Corned Beef
21 Chocolate Bars	22 Savoury Crackers	23 Kidney Beans	24 Instant/Pot Noodles
25 Instant Mashed Potato	26 Multi-pack Crisps	27 Nappies size 6 or 7	28 Tinned Soup
29 Curry Sauce	30 Washing up Liquid	31 Laundry Detergent	32 Tinned Rice Pudding
33 Toothpaste	34 Peanut Butter	35 Nuts	36 Shampoo
37 Tinned Carrots	38 Tinned Potatoes	39 Ketchup or Mayo	40 Shaving Foam

17 April

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Charity Number: 1176306 | Registered in England & Wales

Please deliver donations to our warehouse at:- Unit 19, Canal Iron Works, Hope Mill Lane, Brimscombe, Stroud GL5 2SH
Mon-Fri 10-12