

# GIVE IN LENT CALENDAR

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 [Bedford.foodbank.org.uk](http://Bedford.foodbank.org.uk)

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

Please deliver food donations to:  
8/9 Murdock Road  
Manton Industrial Estate  
Bedford  
MK41 7PE

[Bedford.foodbank.org.uk](http://Bedford.foodbank.org.uk)  
[info@bedford.foodbank.org.uk](mailto:info@bedford.foodbank.org.uk)  
01234 268567

